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Cuisine at home®

Digital Edition

Sweet & Southern Buttermilk Pie
as simple as it gets



Plus: more week*night* **magic**
3 fast recipes

Pizza from the **Grill**
crisp, smoky, perfect

Cuisine at home

editor's letter

Most of our kitchens tend to have a split personality. During the week, the kitchen serves as a survival "pit stop" of sorts—fueling the family machine for a fast-paced week. It's also a social intersection of lives where family members cross paths to eat and chat briefly on their way to meetings, work, or school.

But it's a little different on the weekend. The kitchen takes on a relaxed mood and opens itself up to friendly gatherings and casual conversations. There always seem to be people in the kitchen when you cook on the weekend. And that's just why this special issue is jammed-packed with so many great recipes that appeal to all tastes—even your pickiest eater.

Pasta, beef, pork, chicken ... even pizza. We've got it all. Start out on Page 6 by learning a few new tricks with an old favorite—roast beef and gravy. Then find out what to do with those great leftovers. And who doesn't love a good barbecued rib? The best usually come from hours of slow smoking and endless basting. But these ribs are different ... your oven and a little grill time are all you need for some of the best ribs you've ever eaten.

In the mood for chicken? Try the crusted chicken beginning on Page 16. For over-the-top flavor, add Parmesan cheese to the crust and serve with Sage-Butter Sauce and roasted rosemary potatoes. Good enough for a dinner party but easy enough for a Wednesday night! But no matter what recipe you try, be sure to finish it with either of the buttermilk pies. They're so easy it's almost embarrassing, but are amazingly good.

Enjoy this special issue. I'm sure you'll find all the information in *Cuisine at home* just as good as every bite of our buttermilk pies.

John

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tips *and techniques*



Perfect Slicing

When I need evenly sliced strawberries (especially for topping a dessert), I use an egg slicer. Stem the berries first, then slice just like you would a boiled egg. It's quicker than using a knife!

Jamile McConnell
Mountain View, CA



Neater Butter Pats

After placing a whole stick of butter onto a butter dish, slice it into tablespoon-size pats. This way, it's already pre-portioned for recipes, plus it helps keep the butter dish a little neater.

Lila Fulton
Rancho Mirage, CA

A "fresh" tip

Buy day-old bread from a good bakery. It's cheaper, works better for bread crumbs, and it's already stale for stuffing. Plus, the baker might just throw in a cookie!

Ed Burroughs
Albuquerque, NM



Hands-free Meatloaf

If you don't like getting your hands messy when mixing meatloaf, put the ingredients into a large, resealable plastic bag. Close the bag, then "knead" everything together until well mixed. Kids like helping with this too!

Kate Berry
Montpelier, VT

Filling Pasta

Stuffing manicotti is difficult, but if you use a pastry bag without a tip, it's a breeze! Just spoon the filling into the bag, then squeeze it into the cooked pasta tubes.

Shannon Zellmer
Apex, NC





For Better Browning

Meat will brown better if you blot any moisture off its surface. A paper towel works great.

Karen West
Duluth, GA

Board Storage

I have several small cutting boards that I use frequently in the kitchen. To store them on the counter where I can easily reach them, I use something that's usually found on an office desk—a vertical sorter! I have a small black metal type with three slots, but plastic works well too. It's easy to clean, looks nice, and the cutting boards stand up in it, out of the way.

Pam Caminiti Jones
Boulder Creek, CA



Coating Cake Pans

Whenever I bake cakes, rather than greasing and *flouring* the pans, I grease and *sugar* them. Sugar spreads better than flour and doesn't clump or leave a floury film on the baked cake. Instead, it leaves a slightly sweet coating on the bottom and sides.

Gloria J. Reckner
Garland, TX



Artichoke Holders

Artichokes tend to fall over in the pot when steaming. To steady them, place thick rings of onion on the bottom of the pot, then set the artichokes on top. Not only does this hold the artichokes upright, but they cook more evenly, too, and the onion imparts great flavor.

Joel Drake
Des Moines, IA



Scorch Saver

Before heating milk, rinse the pan with cold water (do not dry). This keeps the milk from scorching.

Becky Fox
Sun Prairie, WI



Skimming Fat

To remove excess grease from browned ground beef or sausage, "blot" the extra fat from the pan using a piece of bread. This also works for skimming fat off of the top of soup or chili, and it's great for absorbing oil when cleaning off the bottom of a pan.

Kathy Driggs
Chicago, IL

Great Grippers

As I've gotten older, it's become harder for me to open new jars. But I've solved the stubborn lid problem by wearing rubber gloves when opening them—non-skid and non-slip!

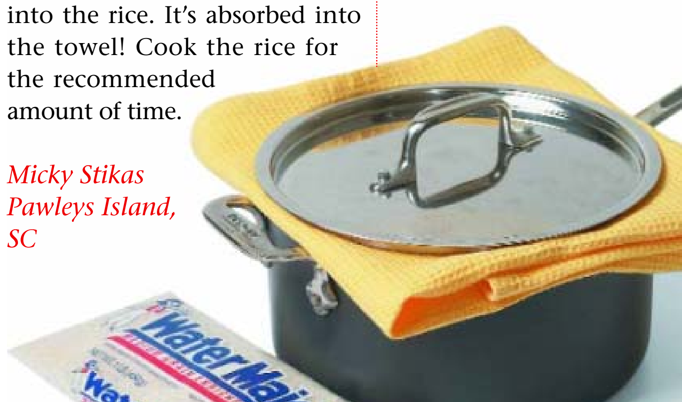
Kim Baldwin
Stillwater, MN



Soggy-less Rice

When cooking rice, put a folded towel between the lid and the pot. That way, when the rice steams and creates moisture, the condensation doesn't drip back into the rice. It's absorbed into the towel! Cook the rice for the recommended amount of time.

Micky Stikas
Pawleys Island, SC





Hammer Time

When pounding meat for cutlets or for tenderizing, a meat mallet often tears the plastic bags or wax paper. To solve the problem, I purchased a large rubber mallet at the hardware store. Not only does it work great for pounding and tenderizing meats, but it's also indispensable for breaking apart frozen foods, such as vegetables and fruit, allowing me to get just the amount I need. It's also ideal for breaking up chunks of ice. This is my favorite kitchen tool now!

Dayle Hodakievic
Willoughby, OH

share your tips *and techniques* with *Cuisine at home*

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Classic roast beef

We all grew up with roast beef, potatoes, and gravy. So why isn't it on today's dinner tables more often? Now there's no excuse to pass it by.

A few decades ago, roast beef was almost a weekly menu item in many households. But today's lifestyles demand economical, healthful meals that can be made without much fuss. As a result, roast beef has taken a back seat to chicken.

But believe it or not, this classic roast beef meal actually meets those criteria. Save swank prime rib and tenderloin cuts for the holidays—this is all about the often overlooked eye round roast. True, it isn't a serious contender in the category of super-flavorful, fork-tender beef cuts (it comes from a steer's back thigh). But of all the roasts tested, the eye round came out on top in terms of availability, ease of roasting and carving, flavor, and texture. The $4 a pound price tag isn't bad either—so reasonable that I cook two roasts just to have leftovers (see Pages 10–11)!

Of course, potatoes and gravy are here too, and *must* be included in the meal. Since they're both made right in the roasting pan, there's no reason to skip them.



Gremolata Rubbed Roast Beef and Roasted Potatoes

Makes Two 2–3-lb. Roasts; Total Time: About 2 Hours

For the Potatoes—

Parboil:

1½ lb. russet potatoes, peeled and cut into large chunks

For the Gremolata—

Combine:

¾ cup chopped fresh parsley
¼ cup fresh thyme leaves
1 whole head garlic
3 T. olive oil
1 T. kosher salt
Zest of one lemon, chopped

For the Beef—

Sear in 2 T. Olive Oil; Top with Gremolata and Roast:

2 eye round roasts (2–3 lb. each), seasoned with salt

Preheat oven to 400° with rack on the bottom.

Parboil potatoes in salted water for 15–20 minutes. Drain, reserving the water for gravy.

Combine all gremolata ingredients in a large resealable plastic bag. With the flat side of a meat mallet, crush the garlic cloves with the herbs.

Sear seasoned roasts in oil in a large roasting pan until brown.

Remove roasts; top with gremolata.

Arrange potatoes in the pan and place the meat on the other side.

Roast meat and potatoes for 45 minutes. Cook until the meat reaches desired doneness, 130–135° for medium (see Page 8 for a detailed explanation of doneness).

Scrape gremolata from the roasts into the roasting pan. Remove meat and potatoes; allow roasts to rest for 15 minutes before carving.

Prepare gravy as on Page 9.

Before roasting

There are a few steps that need to be taken before the roasting can begin. Here's how to get started.

Potatoes: First, parboil the potatoes so the outside is cooked while the center is still a bit hard. It may seem like a frivolous step, but this makes a big difference. The roasted potatoes are fluffy inside, like mashed potatoes, and crisp outside.

Roasts: Next, sear the roasts in a heavy roasting pan on top of the stove, *Figure 1*. This colors and flavors the outside of the meat and establishes a base for the gravy.

An herb and garlic gremolata [greh-moh-LAH-tah] is rubbed on the seared roasts, *Figure 2*. It gives good flavor to the meat, but where it really shines is in the gravy. After the beef has roasted, the gremolata is scraped off and simmered in the gravy to enhance its flavor.

I'm not kidding when I say this gremolata is *coarse*. Roughly chop the parsley, thyme, and lemon zest, then smash it all together with a whole head of *unpeeled* garlic. Don't worry—it'll be strained out later.



1 Sear roasts in oil over med.-high heat, adding a bit more oil if meat starts to scorch. Parboil potatoes.



2 Divide gremolata between roasts. It won't stick well, so just pat it on top of each roast.

cuisineclass



Roasting and finishing

Before the roasts go in the oven, add a couple more tablespoons of oil to the empty roasting pan, then the drained potatoes, *Figure 3*. Save at least two cups of the potato water for gravy, and be sure most of the water drips off the potatoes so oil doesn't spatter. They may break apart a bit as they're stirred in the oil, but that's okay—that rough surface on the outside is what creates their crisp crust. Arrange the potatoes on one side of the pan, then put the roasts in opposite them.



3 Add oil and potatoes to the pan. Arrange in a single layer to one side. Return the meat to the pan and roast.

Cook the meat and potatoes for 45 minutes on the lower oven rack. When time is up, check their progress using an instant read thermometer, *Figure 4*. They probably won't be done, but this reading will give you an idea of how long they should continue roasting. Check their temperature every 10 or 15 minutes until you reach the desired doneness—for medium, go for 130–135°; medium-rare, 125° or so. The roasts' internal temperature will rise 5–10° as they rest, so if it's higher than 135° out of the oven, the meat could wind up overcooked.



4 After 45 minutes, take a temperature reading and turn potatoes. Roast to 130–135°.

After the roasts are done, scrape the gremolata from them into the roasting pan, *Figure 5*, and allow the meat to rest. To take advantage of the brown residue coating the bottom of the pan, make the gravy on the stove—right in the roaster! After sauteing the onions, deglaze with wine, scraping bits off the bottom, *Figure 6*. This will give the gravy deep color and rich flavor.

5 Remove the potatoes, then scrape the gremolata from the meat. Transfer meat to plate to rest.





6 Saute onion and seasonings 3–4 minutes. Deglaze with wine, scraping bits from the pan. Simmer until wine evaporates.



Classic Beef Gravy

This may seem like a lot of gravy, but you'll be glad to have it when serving the leftover roast beef the next day!
Makes About 3 Cups
Total Time: About 20 Minutes

Saute:
1 cup yellow onion, diced
1 T. tomato paste
2 bay leaves

Deglaze with:
1/4 cup dry red wine

Sprinkle in:
3 T. all-purpose flour

Gradually Whisk in; Simmer:
2 cups reserved potato water
1 can (14 oz.) low-sodium beef broth

Finish with; Strain:
2 T. unsalted butter
1 T. balsamic vinegar
Salt and pepper to taste
Meat juices from the roasts

Saute onion, tomato paste, and bay leaves over medium heat with the gremolata from the beef in the roasting pan (you may need to be on two burners). Cook until onion softens.
Deglaze with wine, scraping the pan. Simmer to evaporate liquid.
Sprinkle flour over the onion mixture—it will be pasty.
Gradually whisk in reserved potato water and beef broth. Whisk constantly to prevent lumps. Simmer until slightly thick, about 5 minutes.
Finish gravy with butter, vinegar, seasonings, and any juices that have accumulated as the roasts have rested. Strain, then serve with sliced beef and roasted potatoes.

Flour is the primary thickener for this gravy, *Figure 7*, but the starch in the reserved potato cooking water will also help to thicken. To reduce lumps, whisk in the broth and potato water a little at a time. (If you forget to save the water, add another can of beef broth.)

Simmer the gravy for a few minutes to thicken it and eliminate any starchy taste from the flour. If the roasts have leeched juice while resting, add it along with the butter and vinegar, *Figure 8*, then strain. Finally, slice the roast crosswise and against the grain, as thinly as you can.



7 Sprinkle in flour, stirring to coat. Then whisk in water and broth.



8 Simmer gravy until slightly thickened. Finish with butter, vinegar, and any meat juices. Strain before serving.

Roast Beef Encores



It may surprise you but Buffalo, New York has given us two of America's finest—Buffalo wings and a roast beef sandwich known as the kummelweck.

A "weck" is a hot French dip sandwich served with horseradish and au jus. The real kicker, though, is the roll—a German kaiser laced with caraway seed (kummel) and coarse salt. The rolls are hard to find outside of Buffalo, so make your own using regular kaiser buns. They're *almost* as good as the real deal!

Kummelweck Sandwich

Makes 6 Sandwiches
Total Time: 30 Minutes

For the Rolls—
Brush with Two Beaten Eggs:
6 kaiser rolls, split
Combine; Sprinkle on Tops:
2 T. caraway seeds
2 T. coarse salt
For the Jus—
Saute in 1 T. Olive Oil and 1 T. Unsalted Butter:
1 cup yellow onion, chopped
Add, Reduce, and Strain:
4 cups low-sodium beef broth
1/2 cup dry white wine
2 T. garlic, chopped
1 T. tomato paste
2 t. minced fresh thyme
For the Sandwich—
Warm in Jus:
1 1/2 lb. leftover roast beef, thinly sliced
Serve with:
Prepared horseradish and jus

Preheat oven to 375°.
Brush kaiser roll tops with egg.
Combine caraway and salt; sprinkle generously on rolls. Bake 5 min.
Saute onion for the jus in oil and butter until golden brown.
Add remaining jus ingredients and simmer over medium-high heat until reduced by half, about 15 minutes. Strain; return jus to pan.
Warm sliced beef in the jus—dip, don't simmer them in the jus. Arrange slices on the bottom half of a weck roll. Dip the underside of the roll tops into the jus and place on top of the beef.
Serve with horseradish and a side of hot jus.



◄Brush tops of rolls with egg wash. Coat with caraway-salt mixture and bake.



Dip beef slices in hot jus to warm through. The meat should stay pink.►

A hand-held salad? Why not! The spicy, sweet, tangy flavors of Thai beef salad are a great way to showcase leftover roast beef.

The most unusual ingredient here is the noodles. Find *mai fun* in many grocery stores or Asian markets. Tear the bundle apart into smaller, more manageable bundles before frying.



▲Mai fun *are thread-like Chinese rice noodles that are fried until crisp. Half of a 7-oz. package is all you need here.*



▲*Heat oil in a saucepan to 375°. Drop small bundle of noodles in oil—they'll puff instantly (see inset).*



Thinly slice leftover roast beef, then cut into julienne strips. ►

Thai Beef Salad Wraps

Makes About 10 Wraps
Total Time: About 1 Hour

For the Dressing—
Simmer; Reduce:

- 1 cup water
- ½ cup fresh lime juice
- ½ cup brown sugar
- 3 T. garlic, minced
- 1 t. chili garlic paste (or ½ t. crushed red pepper flakes)

For the Wraps—
Fry in 3 Cups Vegetable Oil:

- ½ bundle (about 3 oz.) rice stick noodles (mai fun)

Prepare:

- 2 cups leftover roast beef, thinly sliced, julienned
- 1 cup bean sprouts
- ½ cup fresh mint leaves
- ½ cup fresh cilantro leaves
- 1 cucumber, seeded, bias sliced
- 1 yellow or red bell pepper, julienned
- 10 large leaves red leaf lettuce

Simmer water, lime juice, sugar, garlic, and chili garlic paste in a small saucepan over medium heat. Reduce until dressing thickens slightly, about 20 minutes.

Fry noodles in small batches in oil heated to 375°. Remove and drain on a paper towel-lined plate.

Prepare remaining ingredients and arrange on a large platter. To serve, have each diner assemble their own wrap: Start with a lettuce leaf, then follow with some of the roast beef, fried noodles, and vegetables. Drizzle with some dressing before eating.



pizza from the grill



Grilled pizza has everything going for it—crispy crust, delicious smoky flavor, and the chance to be outside.

Some of the best pizza comes from coal-fired ovens. Temperatures in them can hit a whopping 900°, cooking a pizza in minutes. Those hot ovens deliver a dynamite crust that's crisp, smoky, and a little charred. To me, it's the perfect pizza.

In the endless quest for pizza perfection at home, I knew I needed hot temperatures along with the ability to produce a little char and smoke. The natural solution was right outside on the deck—the grill.

It doesn't matter whether you own a gas or charcoal grill, the technique is the same and the results are excellent. One side of the grill is hot—this is where the crust gets crispy and charred. The other side, on low heat, is where you slide the crust over and add the toppings.

All this results in an unbelievable pizza that rivals those baked in coal-fired ovens. But there is one more secret to an excellent pizza—underdress it. With this great crust, the last thing you want to do is overload it with too much sauce, cheese, or toppings. Keep it simple.

Making the dough

For grilled pizza, the dough must deliver good flavor as well as the ability to be rolled thinly. This is absolutely necessary so it doesn't burn before it cooks through.

A blend of all-purpose and cake flours makes the dough very elastic (from the all-purpose flour), yet tender (from the cake flour). That, along with proofing, kneading, and rising creates the Italian-style crust you want.

Proofing: Yeast is a living organism that, when activated, causes dough to rise. To trigger its rising powers, proof the yeast in warm water and a little sugar prior to mixing it with the flour. You can tell it's working when the mixture becomes foamy.

Kneading: Kneading is the process of developing gluten which allows dough to stretch. A stand mixer makes it easy, but you can knead by hand too. Stop when the dough is smooth and springs back when poked.

Rising: Pizza dough develops flavor and texture during two rises. The important thing here is to let the dough rise at room temperature (75°)—not in a heated oven or near an air conditioner vent! Hot temperatures will cook the dough, and cold temperatures will slow the yeast down.



◄*Dissolve yeast and sugar in warm water. The yeast feeds on the sugar and activates quickly.*

Mix flours and salt in stand mixer. Add yeast mixture and knead on low speed 10 minutes. Dough will climb up the hook when ready. ►





▲*After two hours, the dough will have doubled in size. Punch it down.*



▲*Divide dough into four balls. Pinch bottoms to keep air out. Let rise 1 hour.*

Pizza Dough

Makes Enough for Four 12" Pizzas
Total Time: 15 Minutes + 3 Hours Rising

Combine:
1 cup warm water (105–115°)
1 T. sugar
1 pkg. ($^{1}/_{4}$ oz.) active dry yeast ($2^{1}/_{4}$ t.)

Mix:
$2^{1}/_{4}$ cups all-purpose flour
1 cup cake flour
1 T. kosher salt

Add:
2 T. olive oil

Combine water, sugar, and yeast. Proof until foamy, about 5 minutes. **Mix** flours and salt in the bowl of a stand mixer fitted with a dough hook. **Add** oil to yeast mixture once it has proofed, then pour into flour mixture. Knead on low speed 10 minutes (if kneading by hand, knead same amount of time).

Place dough in a lightly oiled bowl, turning to coat. Cover with plastic wrap and let rise in a warm place until doubled, about 2 hours.

Punch dough down and divide into four balls, pinching the bottoms closed. Cover with plastic wrap, and let rise in a warm place another hour.

Topping grilled pizza

The sky's the limit with pizza toppings, but these three ideas may help guide you. Remember these things: Layer the toppings in the order in which they're listed, and *don't overload the crust*. Add fresh herbs at the last minute—the residual heat will release their flavor.

Grilled pizzas cook quickly so have all the toppings ready, and set up an area near the grill for them.



▲**Pepperoni Pizza:** *Brush dough with olive oil, then top with fresh mozzarella, sliced pepperoni, and some Oven-Roasted Tomato Sauce. Sprinkle with thinly sliced fresh spinach, grated Parmesan cheese, coarse sea salt, and red pepper flakes.*



◀**Mediterranean Pizza:** *Brush dough with olive oil, then top with cubed fontina, slices of salami, quartered marinated artichoke hearts, and slivered kalamata olives. Sprinkle with diced fresh tomatoes and grated Parmesan cheese. Add torn fresh basil leaves when the pizza is off the grill.*



▲**Sausage Pizza:** *Brush dough with olive oil, then top with grated white Cheddar, cooked and sliced link Italian sausage, and some Oven-Roasted Tomato Sauce. Sprinkle with thinly sliced red onion, grated Parmesan cheese, coarse sea salt, and crushed red pepper flakes. Add torn fresh basil before serving.*

Oven-Roasted Tomato Sauce

This recipe make more sauce than you'll need for pizzas. Use leftovers as a light pasta sauce.

Makes 5 Cups; Total Time: 50 Minutes

Combine:	Preheat oven to 450°.
8 cups (4 lb.) Roma tomatoes, quartered 1 cup yellow onion, chopped 4 cloves garlic, whole 2 t. kosher salt 1 t. red pepper flakes 1 t. sugar	**Combine** tomatoes, onion, garlic cloves, salt, pepper, and sugar in a large casserole dish.
Toss with: $^1/_2$ cup olive oil	**Toss with** olive oil and roast 35–40 minutes until tomatoes have softened. Remove from oven and mash with a potato masher, keeping tomatoes a bit chunky.
Stir in: $^1/_2$ cup fresh basil, chiffonade	**Stir in** basil.



Grilling pizza

With the toppings ready to go, you're literally minutes away from pizza nirvana.

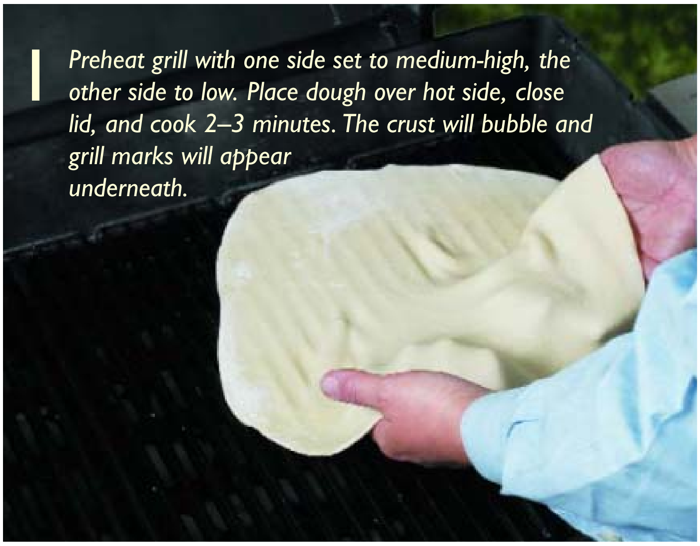
Shaping: Roll out the dough on a dry work surface dusted with flour. Shape it into a 10–12" circle or rectangle—don't worry if it's not perfect. An irregular shape makes it look rustic.

On the grill: To transfer the dough to the grill, use your fingertips to lift it by the edges and drape directly onto the hottest part of the grill. The high, direct heat from the fire will penetrate the crust and firm it up. Use tongs to move the crust around if the grill has hot spots.

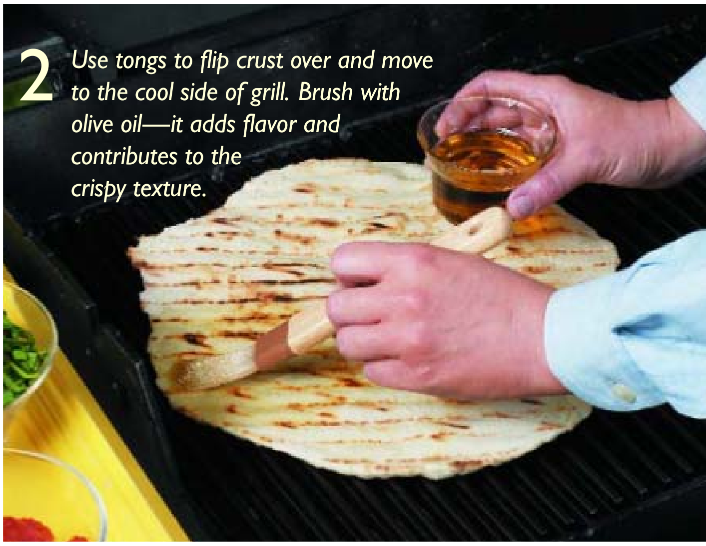
Toppings: Before adding toppings, move the crust to the cool side of the grill. (If you don't have a double burner, move the crust to a baking sheet to top.) Then return the pizza to the hot side for final cooking—check it frequently for burning. Use a pizza wheel to slice, and listen for the great crunch!



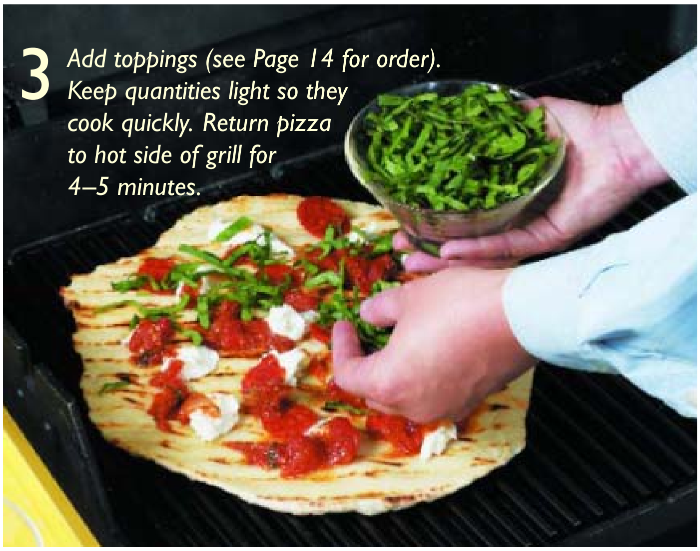
▲*Roll dough out from the center to the edge on a lightly floured work area.*



1 *Preheat grill with one side set to medium-high, the other side to low. Place dough over hot side, close lid, and cook 2–3 minutes. The crust will bubble and grill marks will appear underneath.*



2 *Use tongs to flip crust over and move to the cool side of grill. Brush with olive oil—it adds flavor and contributes to the crispy texture.*



3 *Add toppings (see Page 14 for order). Keep quantities light so they cook quickly. Return pizza to hot side of grill for 4–5 minutes.*



4 *Pizza is done when cheese is melted. Remove from grill using a pizza peel or the back of a baking sheet.*



Crusting chicken

Finally! A crusted chicken breast that's crisp on the outside, juicy on the inside. Read on for the secrets.

I'm picky about crusted chicken. Way too much of it has been dredged in powdered, pulverized bread crumbs and dull, dried herbs. As if that weren't enough, it's often baked—to death.

So developing a recipe for chicken with a flavorful crust and juicy interior was just the kind of challenge I like. The keys are in the four "Cs": the chicken, crumbs, coating, and cooking.

The chicken

Boneless, skinless breast halves are the way to go—they're convenient and cook quickly. Whole breast halves are too big, so first, halve each one lengthwise, *see Figure 1*. Doing this ensures that the coating doesn't burn before the chicken is cooked through. If you double this recipe, just be sure to saute the chicken in two pans to avoid crowding.

Now, lightly pound the pieces to an even 1/2" thick, *see Figure 2*. You aren't tenderizing or creating a cutlet for scaloppine here, so be gentle. Pounding them in a slightly damp plastic bag helps prevent sticking and tearing.



1 Trim excess skin and fat from chicken. Slice each breast half lengthwise down the center.

2 Lightly pound each piece (in a plastic bag with a little water inside) to an even thickness.



Crusted Chicken Breasts

Makes Four 2–3 oz. Pieces
Total Time: About 1 Hour

Prepare:
2 boneless, skinless chicken breast halves (6–8 oz. each)

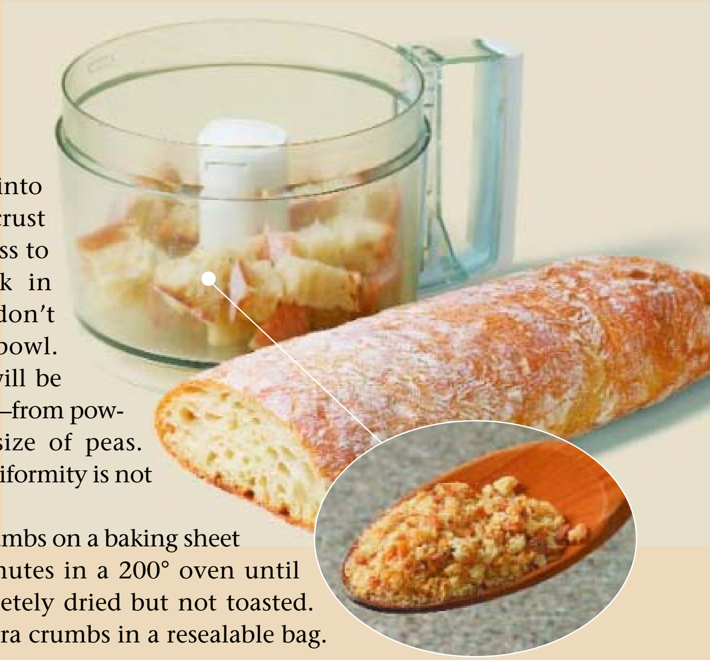
For the Dipping Mixture—
Blend:
2 egg whites
2 t. cornstarch
Juice of 1/2 lemon

For the Crusting Mixture—
Combine:
1 cup coarse dry bread crumbs, *see right*
1 T. chopped fresh parsley
1 t. kosher salt
1/4 t. ground black pepper
Zest of one lemon, minced

Saute Chicken In:
3 T. olive oil

Preheat oven to 450°.
Prepare chicken breasts, cutting and pounding, *Fig. 1 and 2*.
Blend egg whites, cornstarch, and lemon juice with a fork in a wide, shallow dish; set aside.
Combine bread crumbs, parsley, salt, pepper, and zest in a second wide, shallow dish.
Crust chicken breasts, *Fig. 3 and 4*. Let chicken rest at room temperature on a rack for 20–30 min. to set crust.
Saute chicken in oil in a large, nonstick, ovenproof skillet over medium-high heat for about 3 minutes, or until golden brown and crisp, *Fig. 5*. Carefully turn with a spatula, *Fig. 6*, and transfer the skillet to the oven to finish cooking. Roast chicken just until done, about 8 more minutes, *Fig. 7*.

The crumbs



Crumbs are the most important "C" in this equation. Besides adding great flavor, they're essential for the right texture. They create a crouton-like crust on the chicken, not a dry, crumbly one.

For the best crumbs, you need the right bread. A rustic-type loaf with a chewy, yet fairly soft crust (like *ciabatta*) is ideal. Bread with a holey interior makes crumbs that vary in size—that's good. Stay away from loaves having dense, hard crusts. These crumbs would make chewing painful!

Cut bread into cubes (leave crust on) and process to crumbs. Work in batches and don't overfill the bowl. The crumbs will be different sizes—from powdery to the size of peas. That's fine. Uniformity is not the goal here.

Dry the crumbs on a baking sheet for 10–15 minutes in a 200° oven until they're completely dried but not toasted. Freeze any extra crumbs in a resealable bag.

Coating and cooking

To coat, you need to dip the chicken into something wet (egg whites), then roll it in something dry (crumbs). Even if the meat feels moist, it's not enough for crumbs to stick and stay stuck. Egg whites are the natural "glue."

Dip the chicken in the egg, then the crumb mixtures, *see Figures 3 & 4*. Because the crumbs are fairly coarse, they won't adhere well—don't worry. Scoop handfuls of crumbs, piling them on each piece, then transfer the chicken to a rack set over a baking sheet. Air-dry chicken 20–30 minutes to help set the crumbs.

To cook, first saute the chicken on the stove in an ovenproof, nonstick skillet. As you put the chicken in the pan, lay it *toward* you, *see Figure 5*. This way, it rests on top of any crumbs that fall off. Saute until the chicken is golden and crisp on one side, then carefully flip the pieces over (use your hand to help gently guide them), *see Figure 6*. Finally, transfer the whole pan to a 450° oven to finish, *see Figure 7*. Eight to 10 more minutes is all it takes.



3 Dip both sides of prepared chicken into egg white-cornstarch mixture. Transfer the chicken to the crumb dish.



4 Pat crumbs on both sides of chicken—it's okay if some crumbs fall off. Air-dry on rack 20–30 minutes.



5 Heat oil in large nonstick pan. Lay chicken *toward* you in the pan—the loose crumbs will form a "bed" for chicken to lay on.



6 Saute chicken until golden, 3 minutes. Carefully flip chicken, then transfer pan to oven.



7 Roast chicken in the pan in the oven 8–10 minutes, or until cooked through.

Parmesan crusted chicken

with sage-butter sauce

Don't think crusted chicken is "upscale" enough for company? Well, it is when it's with a rich butter sauce and crispy roasted potatoes.

It's true, the crusted chicken on Page 17 is *really* good. But for something a tad more fancy (without a whole lot more work), try this—Parmesan crusted chicken with sage sauce and roasted potatoes. You'd pay money for this meal in a restaurant (but it wouldn't be as good).

Making a full dinner like this isn't as hard as you think. The chicken is prepared just like it is on Page 17 except that Parmesan is added to the crumb recipe. Follow the crusting steps for the chicken on Page 17, then prepare the potatoes and start roasting them while the chicken air-dries (but before it's sauteed).

After that, make the sage sauce and keep it warm in a water bath—it will hold just fine like that for at least an hour. Then, once the potatoes have roasted for 15 minutes, saute and roast the chicken.



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Parmesan Crusted Chicken

Makes 4 Servings; Total Time: About 1 Hour

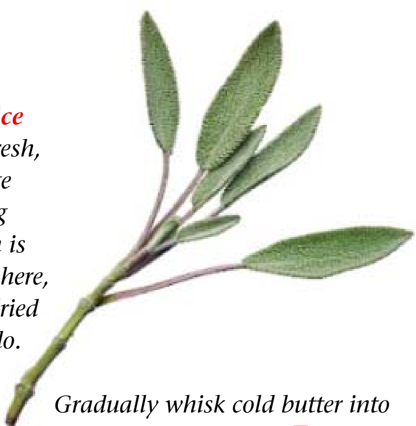
Prepare:
2 boneless, skinless chicken breasts halves, *Page 16*

Whisk:
Dipping Mixture, *Page 16*

Add to Crusting Mixture, Page 16:
1/2 cup Parmesan cheese, grated

Serve Chicken with:
Sage-Butter Sauce
Roasted Potatoes with Garlic and Rosemary

Preheat oven to 450°.
Prepare chicken breasts by halving and pounding.
Whisk egg whites, cornstarch, and lemon juice in shallow dish for Dipping Mixture.
Add Parmesan to the Crusting Mixture. Crust prepared chicken, let rest, saute, and roast, *Page 17*.
Serve chicken with Sage-Butter Sauce and Roasted Potatoes with Garlic and Rosemary.



Sage advice
Dried or fresh, a little sage goes a long way. Fresh is preferable here, but 1/2 t. dried sage will do.

Gradually whisk cold butter into simmering sauce base. ▼





◄*Keep sauce warm in a cup set inside a bowl of hot (not boiling) water. Stir sauce often.*

Sage-Butter Sauce

Makes About 1 Cup
Total Time: 20 Minutes

Saute in 1 T. Unsalted Butter:
3 T. shallot, minced

Add and Reduce:
1/2 cup dry white wine
1/2 cup heavy cream
1/2 cup low-sodium chicken broth
1 t. fresh lemon juice

Whisk in:
4 T. (1/2 stick) cold unsalted butter, cubed

Finish with:
1–2 t. minced fresh sage
Salt, white pepper, and cayenne to taste

Saute shallot in butter in a small saucepan over medium heat just until soft, 2–3 minutes.
Add wine, cream, broth, and lemon juice. Simmer until reduced by half, 8–10 minutes.
Whisk in butter, 1 T. at a time, stirring constantly. Do not add more butter until previous addition has melted completely.
Finish sauce with sage and seasonings. Keep warm in a water bath until ready to serve.

make it a menu

Roasted Potatoes with Garlic and Rosemary

Makes About 3 Cups
Total Time: 30–45 Minutes

Heat:
1/4 cup olive oil
4–5 cloves garlic, smashed
1 T. chopped fresh rosemary

Boil:
2 lb. Yukon gold and/or red skinned potatoes, unpeeled, cut into large chunks

Roast; Season with:
Coarse sea salt and freshly ground black pepper to taste

Preheat oven to 450° with rack in lower third. Bring 6 quarts salted water to a boil in a large saucepan.
Heat oil, garlic, and rosemary on a large baking sheet (with sides) on stovetop over medium-low heat. Do not allow garlic to brown.



◄*To heat oil, place the pan directly on the stovetop.*

Boil potatoes in water for one minute. Transfer to the baking sheet on the stove with a slotted spoon; stir to coat with oil.
Roast potatoes in oven on lower rack for 20 minutes. Carefully toss them with a spatula, then roast another 10 minutes, or until cooked through, browned, and crisp. Season with sea salt and freshly ground black pepper.

onlinextra
potato recipe

Look under Issue 35

allabout

Salt *to* taste

Don't think for a moment that salt is salt. If you're into cooking, here's the information you need to know to make all your food taste even better.

Salt just might be one of the most important commodities in our world—thank goodness there is plenty of it.

I'm frequently asked why food in restaurants tastes so much better than food prepared at home. The secret? Besides years of training, chefs use plenty of butter and salt. What's not to love? Real butter makes everything better, but salt is a different story. The proper amount of salt is imperative, but the *kind* of salt is even more important. Top chefs know this and have been using specialty salts for years.

Salt has always played a role in society. The ancient Greeks traded salt for slaves resulting in the phrase "not worth his salt." Roman soldiers were partially paid in salt—the word "salt" comes from the Latin word *salarium,* meaning salary. Today, salt has over 40,000 applications from manufacturing to medicine, but to most of us, its main function is in the kitchen.

Like so many things, salts have become trendy—red salt from Hawaii, Jurassic salt from Utah, and the multitude of sea salts from Europe. Is the salt trend overrated, or are some of those Mediterranean sea salts really worth $30 a pound? Well, maybe, but you need to know the basics before deciding.

Table salt

Table salt (granular salt) is what most of us know. It is mined and processed to form small, uniformly shaped cubes. Additives are added to prevent caking and some medical problems. Most table salt is mined like coal or extracted by forcing water down into subterranean salt deposits. The resulting brine is pumped out and processed to form tiny, dense, cube shapes that don't dissolve very well.

Kosher salt

Kosher salt is made by compacting granular salt between rollers which produces large irregular flakes. This shape allows the salt to easily draw blood when applied to freshly butchered meat (part of the koshering process). Unlike table salt, kosher salt contains no additives.

Sea salt

Sea salt is created when ocean waters flood shallow beds along coastlines. During the summer months, the water evaporates leaving large salt crystals. The different waters and minerals from the surrounding land lend their flavors to these flaky salts.



What to use

At $30 a pound, you need to exercise good judgment when selecting salts for your kitchen—especially exotic salts.

For regular cooking, nothing beats 70¢ a pound kosher salt. It blends well, is clean-tasting, easy to cook with, and additive free.

All of the qualities of expensive salts get lost during cooking. Their value is geared towards finished food—that is, sprinkling on top of food just before serving. Texture as well as taste become important for a finishing salt.

My favorites, hands down, are Fleur de Sel and Maldon sea salts. Their flavors are mild and their textures pleasingly crisp.



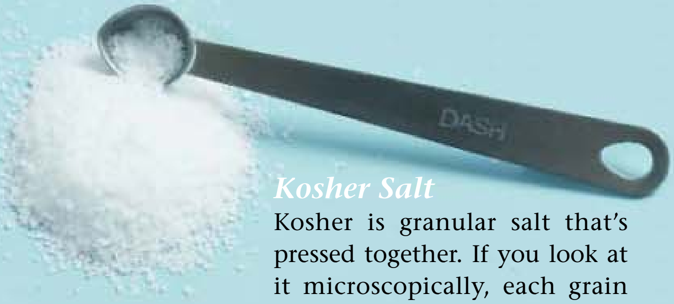
Table Salt

Except for baking, I haven't used table salt in years. It always seems to taste really salty and harsh. The reality is that it isn't any saltier than other salts, it's just that the crystals are small and don't dissolve well. Because of this, the crystals tend to linger on the surface of the tongue.



Maldon Sea Salt

Besides Fleur de Sel, England's Maldon sea salt is worth its $11 a pound price. A good "finishing salt" that gets its delicate flavor from a tradition of boiling the sea water to form hollow pyramid-shaped crystals. You can actually crush the crystals between your fingers. This makes for a light taste on your tongue.



Kosher Salt

Kosher is granular salt that's pressed together. If you look at it microscopically, each grain resembles an ancient Egyptian pyramid—stacked cubes that have weathered. Why am I telling you this? It's the design that makes kosher so good. This structure dissolves easily and imparts plenty of flavor (without oversalting) because of its large surface area. We use it in our test kitchen.



Sel Gris

"Gray salt" is harvested on France's Atlantic coast where shallow basins are flooded with ocean water. Evaporation takes place between May and September when artisan harvesters rake the salt to the edge of each bed. The salt picks up its gray color and distinct flavor from minerals in the bed's clay bottom.

Red Alae Hawaiian Sea Salt

Hawaiian red and black sea salts (black not shown) are specialty finishing salts. While they look cool, their flavor is a bit strange. Red salt has an iron taste from the soil that's used to add color while the black salt tends to have a sulfuric aroma from added purified lava.





Fleur de Sel

A finishing salt that I think is worth its high price tag. A by-product of Sel Gris, Fleur de Sel is created only when the winds are calm and the days are warm. It is on these rare few days that the gray salt "blooms" lacy, white crystals. This is the "flower of salt" and is carefully skimmed from the surface. Use sparingly on foods just before serving.



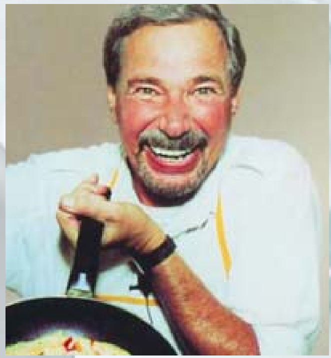
making omelets

Howard Helmer's message is simple: Making an omelet should *not* be intimidating. It's fast, easy, and anyone can do it!

Enthusiasm exudes from Howard Helmer as he demonstrates how to make an omelet. He repeats his unique "dig a hole and fill it" technique as he whips out 40-second omelets one after another, proving that omelet-making is indeed as easy as it looks! Even beginners can do it in less than two minutes. Once you learn the technique, you'll never be at a loss for a quick, wonderful meal.

Howard's most emphatic omelet advice is "Please, *please* don't overcook the eggs!" It pulls the moisture out, leaving the omelet tough and dry. And leave the three-egg omelets to the restaurants—two eggs are perfect.

Giving us three different recipes, Howard teaches the basic omelet technique, a jazzy tortilla omelet wrap, and a creamy French variation.



*The world's fastest omelet maker, Howard Helmer has twice earned the **Guinness Book** record, cooking up a whopping 427 omelets in just 30 minutes. His many television appearances include Oprah, Good Morning America, and The Food Network.*

*As National Representative for the American Egg Board, Howard criss-crosses the country each year demonstrating cooking techniques for both professional and home cooks. Visit **aeb.org** for incredible egg information, safety facts, and recipes.*

Howard Helmer omelet lesson

Making an omelet isn't complicated, but there is a technique to learn.

Equipment: Omelets require just two tools—a skillet and spatula. Use a 10-inch *nonstick* skillet (slope-sided) so the eggs don't cling. A narrow turning spatula made of plastic or wood won't scratch the pan.

Liquid: An omelet can be made with eggs alone, but adding a little liquid loosens the egg so it moves freely in the pan. The *type* of liquid is up to you. Water produces a light omelet, while dairy products make the flavor and texture richer.

Fat: Butter is melted in the skillet for the sole purpose of adding flavor to the omelet. The nonstick skillet and spray ensure easy release.

Heat: The key to a tender omelet is quick cooking over high (but not scorching) heat. High heat is not an egg's enemy—it's too much *time* over the heat that tightens the proteins, squeezing all the moisture out.

Pulling: Howard's "dig a hole and fill it" technique works like this: Pull the eggs from the outer edge to the center of the pan, tilting as you go so raw egg covers the empty surface. Repeat this process, pulling from each side of the pan. When a small mound forms in the center and the edges are set, roll excess liquid to the outer edges. It's ready to fill when the egg no longer runs. It may appear moist, but residual heat will firm up the omelet as it makes its way to the table.

Filling and folding: Howard says anything goes for fillings. The omelet method will still be the same.

With eggs set but still moist, add the fillings to one side of the omelet, opposite and perpendicular to the handle. Now use a spatula to fold the unfilled half over the filled half. Grasp the pan's handle and "roll" the omelet out onto a plate.



▲*Melt butter in a briefly preheated pan. Add eggs as soon as butter begins to bubble. Don't let butter brown—it affects flavor and color.*



▲*Pull eggs from outer edge to center of the pan, tilting so raw egg fills the hole.*



▲*Add fillings to front half of omelet when egg is still wet, but not runny.*

Gently lift omelet half to fold. Don't worry if it tears—it won't show. ▼





◄*Lift skillet, scooting omelet until it hangs an inch over the edge, resting on a plate. Quickly invert onto plate so the underside of the omelet is up.*

Herb & Three-Cheese Omelet

Makes One Omelet
Total Time: 5 Minutes

Whip:
2 eggs
1 T. half-and-half, milk, or water
1 T. chopped fresh chives (or other fresh herb)
Salt and pepper to taste

Melt:
$^1/_2$ T. butter

Pour in Egg Mixture; Add:
6 T. grated cheeses (3 T. Swiss, 2 T. Cheddar, 1 T. Parmesan)

Whip eggs with liquid, chives, salt, and pepper. Make sure all the white is fully incorporated.

Melt butter over high heat in a 10" nonstick skillet coated with cooking spray. Heat until bubbly.

Pour egg mixture into skillet, pulling them toward the center from each side. Remove from heat when eggs no longer run but are still quite moist.

Add cheeses to top half of omelet, fold, then invert onto a plate. Let rest 1 minute before serving.

chef at home: *Howard Helmer*





In a preheated skillet, warm tortilla 5–10 seconds on each side.



Cook omelet following steps on Page 23, without folding; fill and slide onto tortilla.

Tortilla Omelet Wrap

The tortilla makes this omelet an especially hearty breakfast or lunch. Serve with salsa, or avocados and tomatoes tossed with lime juice.

Makes One Omelet; Total Time: 10 Minutes

Whip:
- 2 eggs
- 1 T. half-and-half, milk, or water
- Salt and pepper to taste

Warm:
- 1 10-inch flour tortilla

Melt:
- 1/2 T. butter

Pour in Egg Mixture; Top with:
- 1/3 cup Monterey Jack cheese, grated
- 1/3 cup cooked ham, diced
- 2 T. red bell pepper, diced
- 2 T. scallions, diced
- 1 T. jalapeño, seeded, diced

Slide onto:
- Warmed tortilla

Cut and Serve with:
- Salsa or avocado-tomato relish

Whip eggs, liquid, and seasonings.
Warm tortilla in skillet; set aside.
Melt butter in a 10" nonstick skillet coated with cooking spray over high heat. Heat until bubbly.
Pour in egg mixture. Pull eggs toward the center from each side. Remove from heat when eggs no longer run but are still quite moist.

Top with filling ingredients, sprinkling them over entire omelet.
Slide omelet onto warmed tortilla. To roll, first fold bottom edge of tortilla up 1", then fold sides in 1". Begin rolling, ending seam side down. Let rest for 1 minute, then cut omelet in half.
Cut and serve with salsa or avocado-tomato relish.



Fold bottom and side edges in, then roll up omelet and tortilla together.



Carefully cut wrap in half at an angle. To serve, lean one half on top of other so cut side is visible.

Stirred French omelet

The previous two omelets have large curds because of the gentle pull and fill technique you've been using. It creates a firm, sturdy omelet that's easy to fill.

However, if you like an omelet with a smoother, tender texture, try this French omelet. The pan, butter, and eggs remain the same. It's *after* you add the eggs that the real action begins.

Simultaneously shake the pan and stir the eggs vigorously with a spatula. You will notice immediately that the curds are much smaller. Just like the other omelets, as soon as the eggs no longer run, the cooking is finished. Now add the fillings and fold out onto a plate. *Voilà*.



▲*Shake the pan while making small, quick stirring motions.*



▲*Roll excess liquid around to the edges of the omelet.*



◄*Add fillings to front half of the omelet when eggs are still moist, but not runny. Fold and serve.*



French Omelet with Spinach & Swiss Cheese

Makes One Omelet
Total Time: 5 Minutes

Whip:
2 eggs
1 T. half-and-half, milk, or water
Salt and pepper to taste
Melt:
1/2 T. butter
Pour in Egg Mixture; Add:
1/3 cup Swiss cheese, grated
1/3 cup sauteed spinach, drained
Garnish with:
1 T. sour cream
Strip of lemon peel

Whip eggs, liquid, and seasonings.
Melt butter in a 10" nonstick skillet coated with cooking spray over high heat. Heat until bubbly.
Pour egg mixture into skillet. Immediately begin shaking the pan while making small, quick stirring motions. Remove from heat when eggs no longer run but are still quite moist.

Add cheese and spinach to top half of omelet. Fold in half and invert onto a plate. Tuck the thin edges under the omelet if desired. Let rest for 1 minute.
Garnish with a dollop of sour cream and a strip of lemon peel.





clarifying **butter**





Clarifying butter is a process used to separate the milk solids from the oily butterfat in butter. You've probably experienced putting whole butter into a hot pan—it quickly turns brown. That browning is the milk solids cooking. They just can't tolerate higher heats.

To get the butter taste without the browning, clarify butter. Slowly melt whole butter over low heat. You'll eventually see three layers form. The top layer is foamy and made up of water and milk—skim it off and discard. The deep yellow middle layer is the butterfat—pour this off into a container. This is the clarified butter you want to use for sauteing. What's left in the bottom are the milk solids—pitch them.

making **crème fraîche**



▲*Add buttermilk and lemon juice to cream. Let sit at room temperature, then chill. Use when thick.*

Many recipes call for crème fraîche, a thick, tangy French cream similar to sour cream, but smoother and richer. Its body and thickness comes from natural bacteria in unpasteurized cream. But since this is an unpasteurized process, we have to improvise in the States by using the natural fermenting agents in buttermilk. Mix 1 cup heavy cream, 1/4 cup buttermilk, and 1 tablespoon lemon juice. Cover and let sit at room temperature 6–8 hours, then refrigerate. Crème fraîche is great for cooking because of its rich flavor and stability—it doesn't break when heated, unlike sour cream.





melting **chocolate**

To melt dark, milk, and white chocolates for dipping or recipes, use a double boiler set over barely simmering water (a heatproof bowl nested over a saucepan makes a great double boiler). Take the chocolate off the heat *before* all lumps are totally gone—they'll melt as the chocolate sits. Microwaving on high power works too, but stir the chocolate every 30 seconds to keep it from scorching.

If using a double boiler, it's critical that no water or steam gets in the chocolate. Just a drop will cause the chocolate to "seize," or stiffen, and render it useless.

Chop the chocolate into small pieces for quick, even melting. ▼



deglazing **a pan**

After sauteing or roasting, look at the bottom of the pan. Those dark food particles stuck to the bottom are caramelized drippings from meat juices. This is called "fond," a French term loosely meaning bottom or foundation. Fond is loaded with flavor, and can be used to make gravy or added to sauces. The best way to capture these flavorful deposits is by deglazing. Add any liquid like wine, stock, or water to the pan and start scraping vigorously while bringing the liquid to a boil. This is your "foundation of flavor" for sauce or gravy.



▲*Deglaze the pan with liquid, then scrape the bottom to loosen the fond.*

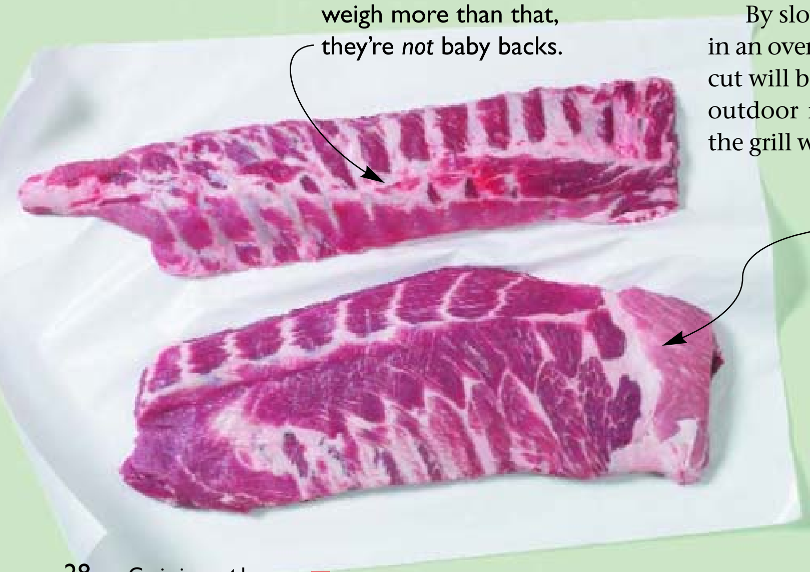


the secret to easy grilled ribs

Use your oven to make spareribs juicy and tender. Then grill them quickly to deliver knock-out outdoor flavor.

So, you're going to buy ribs?

There are two choices—baby back and spare. True rib enthusiasts will tell you there is only one—spare. I agree.



Baby Backs
From the loin rib section. Real baby backs are from a young pig and weigh about a pound. If they weigh more than that, they're *not* baby backs.

Spareribs
These 13 ribs are also called "3 and down" because they weigh 3 pounds or less. Note the hump at top. This is the breast plate and feather bones. Remove and grill with ribs.

Good ribs are an art form. To do them right, most hardcore rib cookers smoke them for hours in a carefully controlled 200–225° outdoor smoker. This makes a great rib, but the attention this process requires can be too time consuming. So what do you do when you want to eat a few ribs without the fuss? Oven-roast, then give them a quick grilling.

By slow-roasting the ribs first in an oven, you ensure this tough cut will be tender. Then, for that outdoor flavor, finish them on the grill with your favorite sauce.

Choosing Ribs: Serving good ribs begins with picking the right ones. Advertising has convinced us that baby back ribs are the only ribs to buy. They're okay, but for texture and flavor, the sparerib is the clear winner. Here's why.

Picture the side of a pig and draw a line dividing the top from the bottom. Tender loin cuts run along the top but lack flavor since they don't get much exercise. Baby back ribs come from this area and are simply an extension of pork chops. They are hardly even ribs and usually have nothing to do with younger pigs.

Now, picture the lower half of the pig. This is where the ribs are located that protect all the breathing parts. These ribs are exercised constantly making the surrounding meat flavorful. You know how flavorful bacon (pork belly) is. It's a close neighbor. So, without a doubt, for the most flavorful ribs, buy spareribs.

Trimming and docking ribs

You first have to trim the ribs to remove the tough membrane and bony ends of the ribs.

Trimming: You can do this yourself or have the butcher do it for you. It's not hard.

To start, trim the little piece of flap (skirt) from the sinew side of the ribs, *Figure 1*. You can grill this along with the ribs.

Next, cut off the breast plate and flexible feather bones that form the rounded part of the ribs, *Figure 2*. You can leave them, but for a uniform look, cut them off. This is called St. Louis style.

All ribs have a sinewy membrane that won't melt away when cooked. This has to be removed. Grab the corner of this membrane with a paper towel and slowly pull it away from the bones, *Figure 3*.

Finally, trim any unusually fatty areas and dock between the bones, *Figures 4* and *5*. You're now ready to apply a rub.



1 Remove the skirt flap from the sinew side of the ribs. This can be grilled.



2 Cut off the breast plate and feather bones. This can be grilled.



3 Remove the sinewy membrane by pulling with a paper towel.



4 Trim some of the unnecessary fat from the ribs.



5 "Dock" the meat between the bones for extra flavor.

Rub and roasting ribs

Season the ribs with your favorite rub, cover with foil, and let them sit for about an hour. Longer exposure to the rub isn't necessary since most of the flavor will penetrate the ribs in the first hour. Besides, the rub will continue to flavor the meat while cooking for several hours.

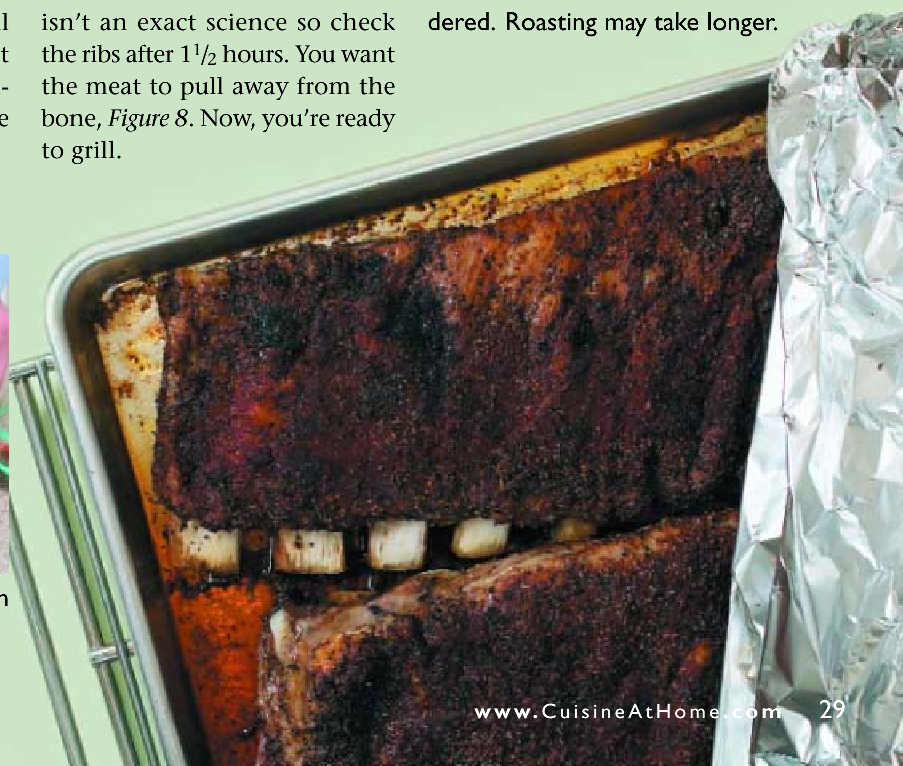
Double check the foil to make sure it fits snugly around the pan. Now, slow-roast the ribs in a 250° oven for about two hours. This isn't an exact science so check the ribs after $1^1/_2$ hours. You want the meat to pull away from the bone, *Figure 8*. Now, you're ready to grill.



6 Apply the rub using your hands.



7 Cover sheet pan tightly with aluminum foil.



8 These ribs roasted for 2 hours. The meat has pulled away from the bones and the fat has rendered. Roasting may take longer.

asian lime ribs

Pork and Asian flavors naturally go together. The refreshingly light tastes of ginger and lime make this a perfect summer dinner.

Once you taste this Asian Lime sauce, you'll want to put it on everything! What's interesting about this sauce is its complexity—sweet, tart, spicy, full-bodied, yet light-tasting. It has several layers of flavor. But perhaps the best thing about Asian Lime sauce is it's not hard to make—no cooking required.

The rub is simple to make as well. You should have most of these spices in your pantry. If you don't, make it easy on yourself. Go to your grocery store and buy *five spice powder*—it'll be sitting with the rest of the spices. It is almost the same as the rub recipe except it has star anise and fennel—both add a nice touch of flavor.



Grilling ribs

After the ribs have been rubbed and roasted, you're only 15 minutes away from eating some mighty fine barbecue.

Grilling: Before you heat up the grill, you'll need to coat it with a nonstick spray. This sauce has sugar in it and tends to stick to the grate when the sugar melts from the heat.

Simply lift up the grate and spray it thoroughly. You can also rub the grate with an oil-soaked paper towel. Whatever you do, just don't spray the grate while the flame is on—it'll flare up and could back up into the can.

Now, preheat the grill to medium-high. Coat the ribs with sauce and place on the grill. When they begin to develop a little black char on them, flip and brush again with sauce, *Figure 1*.

Repeat this process at least twice so that the ribs become well glazed and nicely charred, *Figure 2*. This will take only about 15 minutes.

With the ribs grilled, you are ready to serve. On a cutting board, hold the rack vertically and cut between bones, *Figure 3*. Serve with chilled mint cucumbers and plenty of extra sauce for dipping.



What is hoisin sauce? *[Hoy-sihn] is a sweet and spicy sauce made from soybeans, garlic, and chile pepper. Widely used in Chinese cooking, it's readily available in most grocery stores.*



1 Slather sauce over ribs each time you turn.



2 When the outside of the ribs begin to char, they are ready.



3 Allow ribs to rest for 10 minutes. Hold the rack vertically on a cutting board. Cut the ribs between the bones.

Asian Lime Ribs

Serve plenty of sauce on the side for dipping the ribs.
Makes 26 Spareribs

For Rib Rub—
Combine; Rub on Two Racks of Spareribs:

- 2 T. ground cinnamon
- 2 T. kosher salt
- 2 T. black pepper
- 1 T. ground cloves
- 1 T. ground coriander

For the Asian-Lime Sauce—
Stir Together:

- 3 T. ginger, coarsely chopped
- 2 T. garlic, coarsely chopped
- 3/4 cup rice vinegar
- 1/2 cup low-sodium soy sauce
- 1/2 cup ketchup
- 1/2 cup chopped fresh cilantro
- 1/3 cup fresh lime juice
- 1/3 cup brown sugar
- 1/4 cup hoisin sauce
- 2 T. dark sesame oil
- 1 T. crushed red pepper flakes

Grill; Serve with:

Cucumber Salad
Asian-Lime dipping sauce

Prepare two racks of spareribs as on Page 29.

Combine ingredients for rub and apply to ribs. Cover and refrigerate for 1 hour. Roast according to instructions on Page 29.

Stir together ingredients for sauce. Brush on roasted racks of ribs before grilling.

Grill over medium-high heat a total of 15 minutes. Serve ribs with Asian-Lime Sauce and chilled mint cucumbers.

make it a menu

Keep the menu light and refreshing with this crunchy cucumber salad. It's perfect for a summer meal, but tastes great any time of year.

Asian Lime Spareribs

Cucumbers with Mint Vinaigrette

Lemon Sorbet

Cucumbers with Mint Vinaigrette

Even if you're not a fan of cucumbers, you must try this. It's the perfect palate cleanser between bites of each spicy rib.
Makes 4 Cups

Puree in Blender:

- 10–15 fresh mint leaves
- 1/4 cup sugar
- 1/4 cup rice vinegar
- 2 t. fresh ginger, chopped
- 1/2 t. crushed red pepper flakes

Toss with:

- 1 English cucumber, thinly sliced (about 4 cups)

Puree in blender the mint leaves, sugar, vinegar, ginger, and red pepper flakes.

Toss with thinly sliced cucumber. Serve chilled.



▲ *Use English cucumber sliced thinly on a mandoline. The rough, green peel is attractive.*

Wares
can openers



The requirements for a good hand-held can opener are pretty simple: to cut open a can quickly and capably, with as little effort as possible. So who meets the standard?

We went through case after case of chili beans to determine the best openers on the market. Starting with 22 name-brand openers, we whittled the finalists down to eight. Among those not making the first cut were some big names, a few gimmicky, "inventive" ones, even an "As Seen on TV" model.

While hand-crank can openers come in a myriad of styles, they all fall into two basic categories: The traditional opener that cuts the lid off *inside* the rim, and the safety lid opener that cuts the lid from the *outside* of the can, on the rim, so the whole lid lifts off.

Traditional openers

Traditional openers are familiar and straightforward to operate. They attach to cans without much thought, and then cut with a gear-driven mechanism, *see right*. The lid is cut off completely, then drops into the can. (To prevent the lid from dropping in, stop just short of finishing the cut, leaving a thin thread of metal.)



Safety openers

Then there are safety lid openers. I became enamored with them the first time I saw the results—smooth-edged, danger-free lids and cans. And the lid fits right back on to store things like dog food. Pretty slick.

Each particular brand attaches to the can a little differently. While they may seem tricky or unfamiliar at first, like most tools, after the first few times it becomes second nature. And because the cutting mechanisms don't come in contact with food, they stay clean and don't accumulate a crusty buildup.

But safety lid openers may not be for everyone. Because they actually cut through the thick rim of the lid, more turning effort is usually required than with a quality traditional opener. And they often cut into a line of glue used on many cans, so that strands of gummy glue stretch and lift as the lid is removed.

And the winner is . . .

Happily there's something for everyone here. As it turns out, openers in *both* categories received our highest rating. And interestingly enough, they were the *most* expensive and *least* expensive of the 22 tested. Buy these openers at kitchenware stores (prices may vary slightly).

Cutting mechanisms

Here's a close-up look at the way openers are driven.



▲***Gear-driven:*** *Traditional openers rely on gears (the heavily notched wheels) to move around the can and turn the blade.*



▲***Standard safety lid:*** *Mounting from the top, a notched circle hugs the inner rim and rotates, as the nearly hidden blade cuts into the outside of the rim.*



▲***Rösle safety lid:*** *In a design category by itself, the revolutionary Rösle mounts from the side, with the support arch (shown above) resting on top of the can. It rolls around the can powered by a notched driving gear, while the cutting wheel penetrates the outer rim.*

safety lid

Rösle

★★★★★



price: $34.99

Introduced last year, German engineering produced a safety lid opener that's a cut above the rest. So sleek and compact, it doesn't appear capable of opening anything. But not so! The weighty single handle attaches easily from the side, then moves around the rim with smooth turning action, cutting at a level that usually misses the nasty "glue line." The opener removes the lid by simply lifting up, and carries an incredible lifetime warranty.

Kuhn Rikon Safety Lid Lifter

★★★½



price: $15.95

On the market for three years, Kuhn Rikon offers two top-mounting Safety Lid Lifter models. Both the white plastic and deluxe stainless steel versions are built with identical cutting mechanisms and attach to the can exactly the same. Each carries a two-year warranty.

Their differences are both aesthetic and operational. While the plastic version is considerably lighter in weight and cost, the handsome, well-balanced stainless version edged ahead with a more comfortable turning knob that seems to rotate just a little easier.

The patented Lid Gripper located on the side of each opener looks like a tiny beak. It works as its name implies, grabbing the lid and lifting it off. That they are not dishwasher safe isn't a serious flaw. The gears never actually come in contact with contents of the can, and stay pretty clean as a result.



price: $24.95

Kuhn Rikon Deluxe Safety Lid Lifter

★★★★

Zyliss Safe 'N Secure

★★★



price: $15.00

Available in transparent (shown) or white, the top-mounting Zyliss attaches easily to the can and cuts into the rim at the point where the lid is welded onto the can. But turning does require some effort. Lid removal is with a beak designed to grab and lift. Zyliss features an impressive five-year warranty and is dishwasher safe. Watch for an improved model on the market within a year.

traditional

Pedrini Ergo Soft

★★★



price: $12.99

Made in Italy, the Pedrini Ergo Soft is sold in several different finishes and colors, but they all share the same cutting mechanism and general design features—like the raised soft-grip handles that are designed to mold to each hand. While certainly capable, the Pedrini turns with considerable effort. This opener is dishwasher safe and boasts a lifetime warranty.

Chantal

★★★½

Elegant comfort marks the Chantal opener. The long, contoured handles are shaped so well they don't *need* any padding. Filled with a nonreactive cement that keeps them in perfect balance, they fit any size hand comfortably. It attaches with ease and rolls masterfully around the can, but doesn't consistently cut the lid off entirely. Dishwasher friendly, it has a lifetime warranty.



price: $24.99

Swing-A-Way

★★★★★



price: $6.99

Since they began manufacturing hand-held openers in 1955, Swing-A-Way has sold over 200 million. And they've done it all with the same original model (#407, *above*) and the newer Comfort Grip (#709, *below*), carrying five-year warranties.

Mechanically identical, both openers attach with a powerful pop, then roll around the can with unmatched ease. While the original model is quite comfortable, the Comfort Grip kicks it up a notch with a chunkier handle that offers more padding. To keep your opener spinning smoothly, wipe with a damp cloth, then dry.

Still made at their factory in St. Louis, it's the most readily available opener on the market. But don't be misled by knock-offs. The name Swing-A-Way is imprinted on every opener. Watch for their upscale Signature line in kitchenware stores soon.

Swing-A-Way Comfort Grip

★★★★★



price: $7.99

8-layer lasagna



then...

A long-simmered meat sauce and blanched Swiss chard make a great lasagna—but who has time to make it?

... and now

this recipe streamlines things. The sauce is made in a fraction of the time, and frozen spinach is put to good use. Making lasagna is still a labor of love, but here the labor isn't as intense.

In Issue 19 there's a great recipe for Lasagna with Bolognese Sauce. Trouble is, making it takes a lot of time—five hours just for the sauce!

This recipe illustrates that good lasagna need not be a culinary ordeal. For one thing, making the meat sauce takes just 30 minutes, with no sacrifice in flavor. Second, instead of ricotta filling, a simple milk based béchamel [bay-shah-MEHL] sauce adds creaminess—as well as a kick from Boursin [boor-SAHN] cheese. And third, adding frozen spinach to the béchamel eliminates the need for blanching Swiss chard leaves (use bagged frozen spinach, not the kind in a box; it thaws faster in the sauce).

Fresh mozzarella is the final adjustment to the old recipe, making this lasagna rich and gooey. Part-skim "pizza" mozzarella works fine, but it won't ooze as much.

8-Layer Lasagna

Both the meat and béchamel sauces can be made the day before assembly and chilled. The assembled lasagna may also be frozen—thaw before baking.

Makes One 9x13x3" Pan; Total Time: 2 1/2 Hours



For the Meat Sauce—

Brown:

- 1 1/2 lb. ground chuck
- 1 1/2 lb. ground mild Italian sausage

Add:

- 2 cups yellow onion, diced
- 2 T. garlic, minced
- 2 T. tomato paste
- 2 t. *each* dried basil, thyme, and oregano
- 1/2 t. red pepper flakes
- 1 bay leaf

Stir in; Simmer:

- 1 can (28 oz.) crushed tomatoes in puree
- 1 can (14.5 oz.) diced tomatoes, drained
- 3/4 cup beef broth or water
- 2 T. balsamic vinegar
- Salt and pepper to taste

For the Béchamel—

Saute in 1/4 Cup Unsalted Butter:

- 1 cup yellow onion, diced
- 1/8 t. cayenne
- Pinch nutmeg

Stir in:

- 1/3 cup all-purpose flour

Gradually Add:

- 3 cups whole milk
- 10 oz. Boursin cheese, *see below*
- Salt to taste

Whisk in:

- 8 oz. frozen chopped spinach
- 1 egg, beaten

To Assemble—

Prepare:

- 1 lb. oven-ready lasagna sheets, parboiled, *see Page 26*
- 1 lb. fresh mozzarella, thinly sliced
- 6 oz. Parmesan cheese, grated

Preheat oven to 400° with rack in the center.

Brown the meats in a large saute pan over medium-high heat; spoon off as much of the fat as possible.

Add onions, garlic, tomato paste, and seasonings. Saute until onion softens, about 8 minutes.

Stir in both types of tomatoes, broth, vinegar, salt, and pepper. Simmer over medium heat until most of the liquid is evaporated, about 10 minutes; set aside.

Saute onion for the béchamel in melted butter in a saucepan over medium heat. Add onion, cayenne, and nutmeg; cook until onion softens, about 5 minutes. Stir often to prevent scorching.

Stir in flour to coat; cook 2 minutes.

Gradually add milk, stirring until smooth. Simmer until thickened, about 5 minutes. Add Boursin in small pieces and whisk until smooth; season with salt. Set aside 1 cup béchamel for the top of the lasagna. Cool remaining sauce for 10 minutes.

Whisk in frozen spinach and egg.

Prepare lasagna sheets as on Page 36; have both cheeses ready.

Assemble lasagna as on Page 36. Bake uncovered for 40–45 minutes, or until bubbly and top is golden. Allow lasagna to rest 20–30 minutes before cutting and serving.



▲*Boursin is a soft, triple-cream cheese flavored with herbs and garlic. If you can't find it, Alouette is another good brand.*

onlinextra
original recipe

Look under Issue 43

The anatomy of lasagna



▲*Although pasta sheets are "oven-ready," they tend to break during assembly. Boil sheets until pliable, 1 min., then arrange in single layers on a foil-lined, sprayed baking sheet. Separate each layer with sprayed foil.*



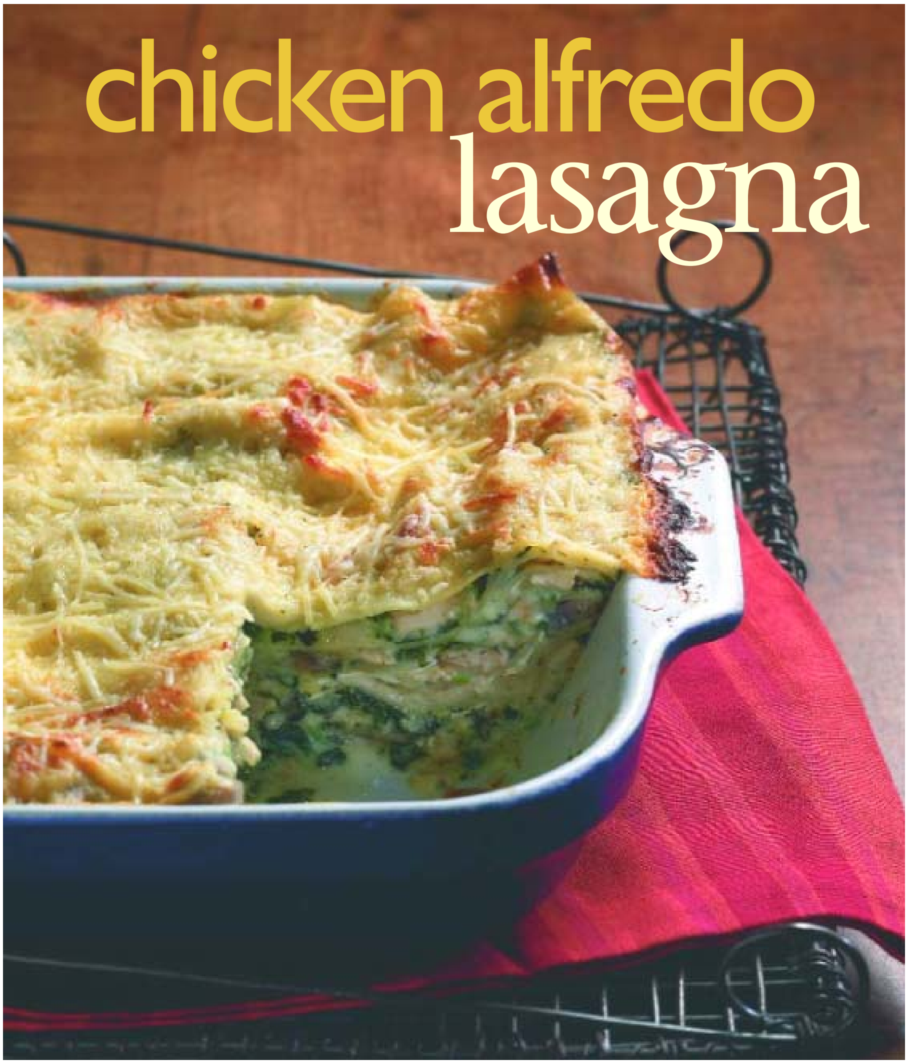


Coat a 9x13x3" casserole with nonstick spray; spread 1/3 cup béchamel on the bottom (it will be a thin layer). Lay three pasta sheets across the bottom of the pan, then spread another 1/3 cup béchamel over them.

Spread 1 cup meat sauce on the béchamel (the meat sauce won't completely cover the pasta; it's fine if the sauces blend). Top with mozzarella, sprinkle with Parmesan, then lay three more pasta sheets across the bottom.

Keep layering in this manner until all the pasta is used. Spread the last pasta layer with the reserved béchamel, then sprinkle with Parmesan.

Bake lasagna, uncovered, until hot, bubbly, and browned. Let rest 20–30 minutes before cutting to set the fillings.

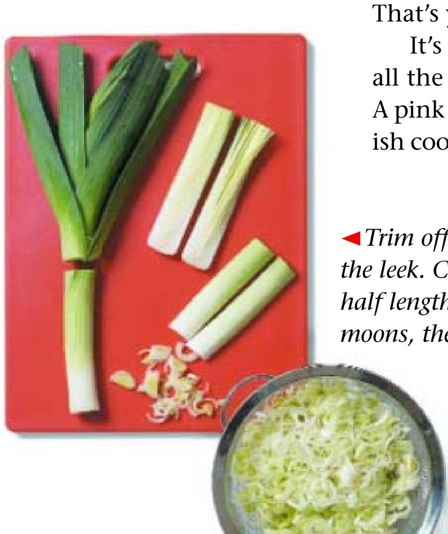


chicken alfredo lasagna

If you like Fettuccine Alfredo, you'll love this dish. Full of chicken and mushrooms, it's got flavor written all over it.

This recipe proves how versatile lasagna is. Except for the chicken-based sauce, it's identical to the one on Page 35. That said, though, the two are worlds apart in terms of how they taste. Which recipe is better? That's your call—make both to find out!

It's not necessary to cook the chicken all the way through when you brown it. A pink tinge in the middle is fine. It'll finish cooking through as the lasagna bakes.



◄*Trim off the dark green part of the leek. Cut the lighter part in half lengthwise, slice into half-moons, then rinse to clean.*

option

Chicken Alfredo Lasagna

Makes One 9x13x3" Pan
Total Time: About $2^1/_2$ Hours

For the Chicken—

Brown in 2 T. Olive Oil:

2 lb. boneless, skinless chicken breasts, seasoned with salt and pepper to taste

Saute in 2 T. Olive Oil:

2 cups leeks, sliced, rinsed
1 lb. button mushrooms, sliced
2 T. garlic, minced
2 t. *each* dried basil, thyme, and oregano
$^1/_2$ t. red pepper flakes

Stir In:

$^1/_2$ cup dry white wine
$^1/_2$ cup chicken broth
Juice of $^1/_2$ a lemon
Salt and pepper to taste
Sauteed chicken, thinly sliced

For the Lasagna—

Prepare:

1 recipe Béchamel, *Page 35*
1 lb. fresh mozzarella, sliced
6 oz. Parmesan cheese, grated
1 lb. oven-ready lasagna sheets, parboiled, *Page 36*

Brown chicken on both sides in oil in a large saute pan over med.-high heat, 4–5 minutes per side. Remove to a cutting board; thinly slice when cool enough to handle.
Saute leeks in oil in the same pan until softened. Add mushrooms, garlic, and seasonings. Cook until mushrooms are soft, about 3 min.
Stir in wine, broth, lemon juice, and seasonings; simmer 5–8 minutes, or until liquid is reduced by half. Off heat, add the chicken.
Prepare remaining ingredients for lasagna; assemble and bake as on Page 36. Let rest 20–30 minutes before cutting and serving.

Easy dips

Got chips? You'll want plenty because these simple-to-do dips put dairy case versions to shame. A party has never tasted better!



SUN-DRIED TOMATO DIP

Cut calories by using reduced fat cream cheese and yogurt. This also makes a great spread on a chicken sandwich!
MAKES ABOUT 2½ CUPS; TOTAL TIME: 15 MINUTES

8 oz. cream cheese, softened
1 cup plain lowfat yogurt
¾ cup oil-packed sun-dried tomatoes, drained
⅓ cup shallots, coarsely chopped (about 3 shallots)
1 T. fresh lemon juice
½ t. lemon zest, minced
½ t. kosher salt
⅓ cup chopped fresh parsley
1 T. minced fresh tarragon
Bagel chips

Blend cream cheese, yogurt, tomatoes, shallots, lemon juice, zest, and salt in a food processor until smooth.
Fold in parsley and tarragon, then chill for at least 1 hour.
Serve with bagel chips.



Fold the herbs into the dip, then chill before serving. ►



RED PEPPER CHEDDAR DIP

There's not much that ***doesn't*** *taste good with this dip smeared on it—potato chips, cucumbers, breadsticks, they're all terrific. It does wonders for a roast beef sandwich too.*
MAKES ABOUT 2 CUPS; TOTAL TIME: 15 MINUTES

¾ cup sharp white Cheddar cheese, shredded
4 oz. cream cheese, softened
¼ cup plain yogurt or sour cream
¼ cup mayonnaise
¼ cup bottled roasted red peppers, diced
2 t. Tabasco
Salt to taste
2 pieces thick-sliced bacon, diced
3 scallions, sliced (½ cup)
Flavored breadsticks

Blend all ingredients except bacon and scallions in a food processor until fairly smooth.
Saute bacon until crisp; drain. Reserve some bacon bits and scallions for garnish, then fold the remainder into the cheese mixture. Chill at least 1 hour.
Garnish dip with reserved bacon and scallions.
Serve with breadsticks, sliced cucumbers, or rounds of sliced toasted baguette.



◄ *Fold bacon and scallions into the dip (save some for garnish). Chill before serving to blend flavors.*

Curried Avocado Dip

This lightly spicy dip is perfect on chilled poached shrimp, cucumber spears, or lime-flavored tortilla chips. Serve it within an hour of making or it will darken a bit.

Makes About 2 1/2 Cups; Total Time: About 15 Minutes



- 1/2 cup cilantro leaves and stems, packed
- 1/4 cup plain lowfat yogurt
- 3 T. shredded sweetened coconut
- 2 T. fresh lime juice
- 1 T. fresh ginger, chopped
- 1/2 t. curry powder
- 1 serrano or jalapeño, seeded and sliced
- 1 shallot, peeled, chopped
- Salt to taste
- 2 ripe avocados, peeled, pitted, and chopped
- Chilled poached shrimp, peeled and deveined

Blend all ingredients except the avocado and shrimp in a food processor until minced. Scrape down the sides of the bowl to insure even blending.
Add chopped avocado and blend until very smooth. Taste for seasoning, then transfer to a serving dish.
Serve with poached shrimp.

Slice around avocado from top to bottom, then twist halves to separate. ▼





▲*Strike the pit with the knife blade, then twist it out. Peel off the skin and chop.*



Feta Pepper Dip

My brother, Jerry, makes a feta dip that inspired this version. Our favorite dipping "utensils" for it are BBQ potato chips, but it's also an awesome spread for beef or lamb burgers.

Makes About 2 1/2 Cups; Total Time: 15 Minutes

- 8 oz. feta cheese, crumbled
- 8 oz. cream cheese
- 1/2 cup mayonnaise or plain yogurt
- 1/2 cup pickled peppers (pepperoncini and/or sweet red cherry peppers), sliced
- 1/4 cup scallions, sliced
- 1/2 t. lemon zest, minced
- Black pepper to taste
- Extra-virgin olive oil
- BBQ potato chips

Blend feta, cream cheese, and mayonnaise in a food processor until smooth, scraping down sides of bowl periodically. Transfer to a mixing bowl.
Fold in peppers, scallions, lemon zest, and black pepper. Transfer to a serving dish and chill dip for at least 1 hour.
Drizzle dip with olive oil.
Serve with BBQ potato chips or toasted pita triangles.

Remove the stem of the peppers then slice into rings. It's okay to leave the seeds in—the peppers aren't terribly spicy. ▼



Pickled peppers *run the gamut from sweet to a little spicy. The pepperoncini have a bit of heat, so I balance the dip's flavor by using mild, sweet cherry peppers too.*

1-2-3 weeknight

Sun-dried tomatoes and crusty bread crumbs combine for a delectably different fried chicken.

We all know sun-dried tomatoes have concentrated tomato flavor, but oil packed sun-dried tomatoes are twice as good—the oil is a marinade that adds more flavor, plus they're soft and ready to use.

I don't say this much, but please make the crumbs from scratch. First, they're ten times better than store bought, and second, they'll fry up crispier. I can't tell you how great they taste with the butter sauce!

But what makes this dish so good is intensity. Tomatoes appear in both the crust and sauce. Good flavor and looks—in minutes!



sun-dried tomato crusted chicken

Makes 4 Chicken Breasts
Total Time: 30 Minutes

- 2 boneless, skinless chicken breast halves (8 oz. each)
- 1 t. black pepper
- 1/2 t. kosher salt
- 2 cups bread crumbs
- 1/2 cup oil-packed sun-dried tomatoes, drained, sliced
- 4 large garlic cloves, peeled
- 1/2 cup all-purpose flour
- 2 eggs
- 2 T. water
- 2 T. olive oil

Preheat oven to 375°.

Prepare *breast halves by trimming fat. Slice each breast in half lengthwise; pound to 1/2" thick. Season with pepper and salt.*

Pulse *bread crumbs, tomatoes, and garlic in a food processor. Transfer to a shallow dish.*

Place *flour in a second shallow dish. Blend eggs and water with a fork in a third shallow dish.*

Dredge *both sides of chicken in flour, then dip into egg mixture to coat. Transfer chicken to crumb mixture and pat onto both sides; place on a baking sheet or plate.*

Heat *oil in an ovenproof nonstick skillet over medium-high heat. Saute chicken 3 minutes, or until golden brown. Carefully flip chicken, then place pan in oven. Roast 8–10 minutes, or until cooked through. Rest 5 minutes before serving.*



1 *Make crumbs from 4 cups cubed French bread. You don't want the crumbs too fine—coarse is good.*



2 *Dredge chicken in flour, dip into egg wash to coat, then press into the crumbs.*



3 *Saute chicken, turning it before finishing in the oven. The tomato will be dark.*

sunny butter sauce

This sauce is blended and thickened by stirring chilled butter into the wine reduction.

Makes About 1 Cup; Total Time: 10 Minutes

- 1 cup dry white wine
- 2 T. capers, crushed
- 2 T. fresh lemon juice
- 1/2 cup cold unsalted butter, thinly sliced
- 1/4 cup oil-packed sun-dried tomatoes, drained, sliced
- 1/2 cup fresh parsley, chopped

Boil wine in a skillet until reduced by half.
Add capers and lemon juice; boil 1 min. Reduce heat to low.
Whisk in butter one piece at a time, stirring constantly. As each melts, add another. Stir in tomatoes and parsley.

Add the sun-dried tomatoes at the end to preserve their bright color. ▼



make it a menu

Feta Couscous

Makes 2 Cups
Total Time: 10 Minutes

Prepare According to Package Directions:
- 3/4 cup dry plain couscous (to make 2 cups cooked)

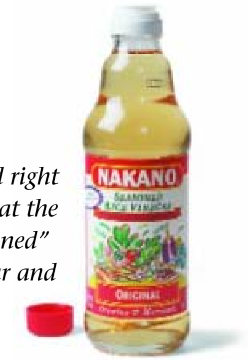
Combine With:
- 1/2 cup feta cheese, crumbled
- 2 T. finely snipped fresh chives



1-2-3 weeknight

With just a few ingredients and quick cooking, this easy meal demonstrates that simplicity can produce amazing results.

Seasoned Rice Vinegar
This vinegar should stand right next to plain rice vinegar at the store. Don't let the "seasoned" part scare you—only sugar and salt are added.



This traditionally Japanese beef dish makes the Zen-like case for less is more. Vegetables are wrapped in slices of flank steak that have been pounded thin for quick broiling. The steak rolls are then marinated briefly in a simple mixture of vinegar and soy sauce. The high heat of broiling quickly browns the beef and cooks the vegetables.

Don't limit your recipe choices to asparagus and scallions. Portobello mushroom slices, bell pepper strips, or julienne zucchini are just a few of the other vegetable possibilities out there.

The marinade is reduced to a savory glaze for the steak, but the optional red bell pepper dip also makes a spectacular addition.

japanese steak rolls

Makes 16 Steak Rolls
Total Time: 45 Minutes with Rice

1 lb. flank steak, trimmed
16 8"-asparagus spears trimmed
16 8"-pieces scallion, trimmed
6 T. seasoned rice vinegar
6 T. low-sodium soy sauce
4 t. sugar
1 T. toasted sesame oil

Slice *flank steak across the grain into 16 strips, 1/4–1/2" thick. Pound each to about 1/8" thick and season with salt and pepper.*

Place *one asparagus spear and one scallion across the short end of a strip of beef. Roll beef around vegetables and secure with a toothpick. Place on a shallow baking pan in a single layer; roll remaining beef and vegetables. Combine remaining ingredients, pour over beef, and marinate 10 minutes. Meanwhile, prepare Garlic Lime Rice. Preheat broiler to high.*

Broil *steak rolls 5 minutes. Remove from pan, tent with foil to keep warm, and strain marinade into a small saucepan. Remove toothpicks from steak rolls before serving.*

Boil *marinade until syrupy, about 5 minutes. Spoon glaze over each serving.*



1 *Roll the beef with as little overlap as possible for more uniform cooking. Secure with a toothpick.*



2 *Arrange rolls on a pan, toothpick side down, then pour the marinade over them.*



3 *Use a fine-mesh strainer to clarify the marinade before reducing it to a glaze.*



garlic lime rice

Makes 2 Cups
Total Time: 25 Minutes



▲*Add rice to the lightly browned garlic. Briefly saute it to add a toasted flavor.*

1 T. olive oil
3 large garlic cloves, thinly sliced
1 cup long-grain white rice
2 cups water
2 T. fresh lime juice
1 t. kosher salt
2 T. minced fresh cilantro
2 t. lime zest, minced

Heat *oil in a saucepan over medium-high. Add garlic; saute 3 min., or until golden brown. Stir in rice; saute 2 min.*
Add *water, lime juice, and salt; bring to a boil. Cover, reduce heat, and simmer 20 minutes, or until water is absorbed.*
Stir *in cilantro and lime zest.*

sauce option

Red Bell Vinegar Dip

Makes 1 1/2 Cups
Total Time: 10 Minutes

1 1/2 cups red bell pepper, seeded, chopped
2/3 cup distilled vinegar
1/3 cup sugar
1/2 t. red pepper flakes
1/2 t. cornstarch

Combine *and blend all ingredients in a food processor or blender until smooth. Transfer to a saucepan; boil 5 minutes.*



1-2-3 weeknight

Little lamb chops with jalapeño jelly make a perfect weeknight meal—fast, flavorful, and easy.

These little grocery store lamb chops are right on the weeknight target. From start to finish, dinner can be on the table in about an hour! And while not exactly *low* fat, they're hardly loaded with calories—about 250 per chop. Add the muddled-herb potatoes and you have a flavorful 400 calorie dinner ... not bad!

This lamb chop recipe gives you a powerfully fast and flavorful twist on the traditional mint jelly accompaniment. If you're sensitive to heat, simply leave out the fresh jalapeño.

The herbed potatoes are a perfect side dish. "Muddling" herbs (a method borrowed from bartending), is just rough mixing.



lamb chops with jalapeño mint sauce

Makes 4 Chops
Total Time: 20 Minutes

- 4 lamb loin chops
- 1 T. all-purpose flour
- 1 T. spicy steak seasoning (such as Spice Islands)
- 1 T. olive oil
- 1/2 cup chicken broth
- 1/2 cup jalapeño jelly
- 1 jalapeño, seeded, sliced
- 2 T. chopped fresh mint

***Trim** fat from chops. Combine flour and steak seasoning; dredge both sides of each chop in flour mixture.*

***Heat** oil in a saute pan over medium-high. Add chops; sear 5 min. per side for medium-rare. Remove chops from pan; keep warm.*

***Add** broth to pan, scraping up any brown bits. Stir in jelly and jalapeño; bring to a boil, stirring until jelly melts. Reduce heat and simmer 3 minutes.*

***Off heat**, stir in mint. To serve, drizzle about 3 T. sauce over each chop.*

***Option:** For a little less spiciness and a bit sweeter flavor, substitute seedless raspberry jelly for the jalapeño jelly.*



1 *So the chops cook evenly and don't curl in the pan, trim off the outer rim of fat.*



2 *Sear 10 minutes, turning once for medium-rare. Adjust cooking time for desired doneness.*



3 *Add the mint off heat to keep it bright green and fresh tasting.*

muddled-herb potatoes

Makes 4 Cups
Total Time: 20 Minutes

2 lb. small red potatoes, quartered
1/4 cup thinly sliced fresh basil
1/4 cup chopped fresh chives
1 T. chopped fresh rosemary
1 T. extra-virgin olive oil
1 t. kosher salt
1 t. garlic, minced
1/2 t. black pepper

***Boil** potatoes 10 minutes, or until tender; drain well. Place them in a bowl, add the remaining ingredients, and coarsely mash to "muddle," or bruise, the herbs to release their flavors.*



options

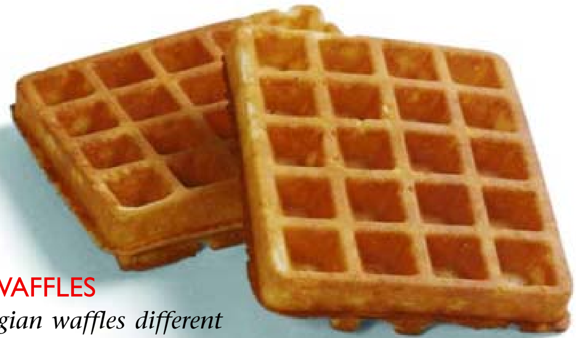
Can't find lamb loin chops? Boneless, skinless chicken breasts or thighs also work well. Just saute them about 6 minutes on each side.

For a faster side dish, try instant polenta or couscous. Follow package directions for yield and method. At the end, add the herb mixture and "muddle" as directed, *left.*



from **our** readers

Q&A
questions & answers



ALCOHOL SUBSTITUTES

I don't like to cook with alcohol. Can you please recommend good substitutes that I can use?

Julie Brown
Cedar City, UT

The following is a general list of non-alcoholic substitutes that can be used in cooking. Choose the option that best matches the flavor of the dish you are making.

Recipe calls for:	Substitute with:
white wine	*white grape juice; chicken or vegetable broth; ginger ale*
red wine	*grape juice; cranberry juice; chicken, beef, or vegetable broth; flavored vinegar; tomato juice*
brandy	*white grape juice; apple juice; cherry, peach, or apricot syrup*
beer	*chicken, beef, or mushroom broth; white grape juice; ginger ale*
rum	*pineapple juice with almond extract or molasses; vanilla extract*
vodka	*water; apple cider or white grape juice mixed with lime juice*
sherry	*vanilla extract; orange or pineapple juice; coffee*

BELGIAN WAFFLES

How are Belgian waffles different from others?

Scott Harp
Boston, MA

Hailing from Belgium where they were originally called Brussels waffles, crisp, deep-holed Belgian waffles made their American debut at the 1964 World's Fair in Queens, New York—thanks to Belgian Maurice Vermersch.

Traditionally, Belgian waffles are made with yeast, so the batter needs time to rise. That's what gives the waffles their characteristic lightness and slightly tangy flavor. Today, for the sake of convenience, many Belgian waffle recipes have replaced the yeast with a combination of baking powder and baking soda in an attempt to speed up the process.

The ingredients, not large holes, truly characterize Belgian waffles. So there's no need to buy special equipment to make them. Any waffle iron will work fine.

JAMS, MARMALADES, ETC.

How can you distinguish between jam, jelly, preserves, marmalade, and conserves?

Mikael Kriz
Windsor, Ontario

While jam, jelly, preserves, marmalade, and conserves are all commonly used as spreads, differences remain in their texture and ingredients.

According to the *Food Lover's Companion* by Sharon Tyler Herbst, *jelly* has the thinnest consistency of the bunch—fruits, or sometimes vegetables, are cooked and then strained until smooth and clear. *Jams* are next down the line. Like jelly, the fruit is cooked until soft and almost formless. But instead of being strained, the fruit is pureed. *Preserves* are very similar to jam except the fruit is left in medium to large chunks. *Marmalade* is a type of preserve that contains fruit peels. And *conserves* are a mixture of fruits and nuts that are cooked until thick.



APPLE JUICE VS. CIDER

Is there a difference between apple juice and apple cider?

Christine Schirmer
New Holstein, WI

There are no FDA labeling requirements that distinguish apple juice from cider. But in general, with regional differences aside (i.e. what the East Coast calls "cider," the West Coast calls "juice"), here's the deal.

Apple cider is commonly associated with unprocessed, freshly pressed juice that's often sold at orchards and farm stands. Bits of apple flesh and skin still remain, and it's the oxidation of these remnants that gives cider the gorgeous brown color for which it's known.

Apple juice is the transparent liquid you find in the juice aisle of the grocery store. It's shelf-stable and filtered, which makes it clear enough to see through.

In other parts of the world, (England and Australia specifically), and slowly gaining back popularity in the States, distinctions are made between "sweet" and "hard" cider. Sweet cider contains 100% juice, while hard cider takes sweet cider one step further, fermenting it into an alcoholic beverage.

apple cider ▼



apple juice ▲

SUPERFINE SUGAR

What is superfine sugar and how is it used?

Greg Thorne
Seattle, WA



Superfine sugar (also known as castor or ultrafine sugar) is an incredibly fine grain of sugar, finer than both extra-fine and baker's sugars. Its claim to fame is its ability to easily dissolve. Consequently, superfine sugar is often used when making meringue or to sweeten cold liquids—hence its nickname "bar sugar."

Superfine sugar can be substituted teaspoon for teaspoon with granulated sugar. But there's no need to run to the store—it's easy to make your own. Just grind granulated sugar in a coffee grinder, food processor, or blender for about one minute.

tell**me** *more*



Fresh Mozzarella

This is not your everyday pizza cheese—it's better! Originating in Italy, *mozzarella di bufala* is traditionally made from the milk of water buffalo. It has a soft texture and deliciously rich flavor, but can be hard to find in America. For a more readily available alternative, opt for fresh mozzarella made from cow's milk. With a similar texture and milder flavor, it offers a great introduction to the cheese.

A classic way to try fresh mozzarella is in a Caprese [kah-PREH-seh] salad. Alternate slices of ripe red tomatoes, fresh mozzarella, and whole basil leaves on a platter. Drizzle with olive oil, then sprinkle with coarse sea salt and freshly cracked pepper.



Balls of fresh mozzarella are usually sold soaking in water (which is sometimes salted)—this keeps the cheese cool and adds moisture. If you can't find fresh mozzarella in your area, order some from the **Mozzarella Company** at **(800) 798-2954** or **mozzco.com**.

Q&A

Do you have a question for *Cuisine at home?*

If you have a question about a cooking term, procedure, or technique, we'd like to hear from you. We'll consider publishing your question in one or more of our works. Just write down your question and mail it to *Cuisine at home*, Q&A Editor, 2200 Grand Ave., Des Moines, IA 50312, or contact us through our email address shown below. Please include your name, address, and daytime phone number in case we have questions.

Email: CuisineAtHome@CuisineAtHome.**com**
Web address: CuisineAtHome.**com**

recipeindex

NUTRITION FACTS

Classic Roast Beef and Roasted Potatoes, 7
(Per 4 oz. roast beef and 4 oz. potatoes): 367 calories; 30% calories from fat; 12g total fat; 28g carb.; 760mg sodium; 2g fiber

Classic Beef Gravy, 9
(Per 1/4 cup): 40 calories; 48% calories from fat; 2g total fat; 3g carb.; 110mg sodium; 0g fiber

Kummelweck Sandwich, 10
(Per 1 sandwich): 489 calories; 30% calories from fat; 16g total fat; 36g carb.; 695mg sodium; 3g fiber

Thai Beef Salad Wrap, 11
(Per 1 wrap): 300 calories; 60% calories from fat; 20g total fat; 23g carb.; 62mg sodium; 1g fiber

Grilled Pizza (Pepperoni), 13
(Per 1/8 pizza): 233 calories; 64% calories from fat; 16g total fat; 12g carb.; 738mg sodium; 1g fiber

Crusted Chicken Breasts, 16
(Per 4 oz. portion): 304 calories; 41% calories from fat; 14g total fat; 22g carb.; 883mg sodium; 0g fiber

Parmesan Crusted Chicken, 19
(Per 4 oz. portion): 260 calories; 23% calories from fat; 6.5g total fat; 22g carb.; 1067mg sodium; 0g fiber

Sage-Butter Sauce, 19
(Per 1/4 cup): 260 calories; 87% calories from fat; 26g total fat; 3g carb.; 175mg sodium; 0g fiber

Roasted Potatoes with Garlic and Rosemary, 19
(Per 3/4 cup): 285 calories; 41% calories from fat; 14g total fat; 41g carb.; 226mg sodium; 3g fiber

Herb & Three-Cheese Omelet, 23
(Per 1 omelet): 379 calories; 70% calories from fat; 29g total fat; 3g carb.; 1005mg sodium; 0g fiber

Tortilla Omelet Wrap, 24
(Per 1 omelet): 669 calories; 49% calories from fat; 36g total fat; 45g carb.; 1842mg sodium; 3g fiber

French Omelet with Spinach & Swiss Cheese, 25
(Per 1 omelet): 381 calories; 68% calories from fat; 29g total fat; 6g carb.; 915mg sodium; 2g fiber

Asian Lime Ribs, 31
(Per rib): 227 calories; 66% calories from fat; 17g total fat; 8g carb.; 869mg sodium; 1g fiber

Cucumbers with Mint Vinaigrette, 31
(Per 1/2 cup): 35 calories; 2% calories from fat; 0g total fat; 9g carb.; 2mg sodium; 0g fiber

8-Layer Lasagna, 35
(Per 1/12): 739 calories; 52% calories from fat; 42g total fat; 45g carb.; 1026mg sodium; 5g fiber

Chicken Alfredo Lasagna, 27
(Per 1/12): 626 calories; 50% calories from fat; 34g total fat; 37g carb.; 643mg sodium; 3g fiber

Sun-Dried Tomato Dip, 38
(Per 2 T.): 59 calories; 70% calories from fat; 5g total fat; 3g carb.; 112mg sodium; 0g fiber

Red Pepper Cheddar Dip, 38
(Per 2 T.): 82 calories; 86% calories from fat; 8g total fat; 0g carb.; 154mg sodium; 0g fiber

Curried Avocado Dip, 39
(Per 2 T.): 40 calories; 72% calories from fat; 3g total fat; 2g carb.; 36mg sodium; 1g fiber

Feta Pepper Dip, 39
(Per 2 T.): 123 calories; 88% calories from fat; 12g total fat; 1g carb.; 190mg sodium; 0g fiber

Sun-Dried Tomato Crusted Chicken, 40
(Per 4 oz. portion): 786 calories; 35% calories from fat; 31g total fat; 59g carb.; 1264mg sodium; 4g fiber

Feta Couscous, 41
(Per 1/2 cup): 172 calories; 22% calories from fat; 4g total fat; 26g carb.; 213mg sodium; 2g fiber

Japanese Steak Rolls, 42
(Per steak roll): 72 calories; 39% calories from fat; 3g total fat; 5g carb.; 393mg sodium; 1g fiber

Garlic Lime Rice, 43
(Per 1/2 cup): 221 calories; 16% calories from fat; 4g total fat; 42g carb.; 588mg sodium; 1g fiber

Lamb Chops with Jalapeño Mint Sauce, 45
(Per chop with 3T. sauce): 254 calories; 29% calories from fat; 8g total fat; 29g carb.; 817mg sodium; 0g fiber

Muddled-Herb Potatoes, 45
(Per 1/2 cup): 99 calories; 17% calories from fat; 2g total fat; 18g carb.; 298mg sodium; 2g fiber

Lime-Coconut Buttermilk Pie, 49
(Per 1/8 serving pie): 418 calories; 38% calories from fat; 18g total fat; 61g carb.; 100mg sodium; 1g fiber

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buttermilk pies

The phrase "easy as pie" must have its roots in buttermilk pie. Making one is easier than picking up dessert from a local bakery!

These recipes are so simple they seem wrong. But if you can use a whisk, you can make both of these pies. I promise!

This dessert has been a Southern institution for a long time. Don't let the buttermilk turn you off—it makes a delicate, slightly tangy custard when blended with eggs and sugar. Since buttermilk is low in fat, the pie isn't quite as rich as a typical custard pie. Plus, there aren't too many eggs, just enough to gently set the filling.

When it comes to flavoring, you have a choice to make. The lime-coconut version on this page tastes a little like key lime pie. But if that's not up your alley, the plainer lemon one on Page 51 is every bit as good.

Fresh fruit is the best accompaniment, and this is the perfect season for it! You can use a store-bought pie shell, but the recipe on Page 50 and online video will show you just how easy it is to make your own crust.

Lime-Coconut Buttermilk Pie

Makes One 9" Pie
Total Time: 1 Hour + Cooling

Whisk Together:
1 1/2 cups sugar
3/4 cup sweetened shredded coconut
1/2 cup buttermilk
1/2 cup unsweetened coconut milk
1 T. all-purpose flour
2 eggs
2 egg yolks
1/2 t. vanilla extract
Minced zest and juice of 1 lime
Pinch salt

Pour Into:
1 9" unbaked pie shell

Preheat oven to 350°.
Whisk all ingredients together in a large bowl until blended.
Pour into pie shell and place on a baking sheet. Bake until filling is just set, yet still a bit jiggly, 40–50 minutes. Remove from oven and cool to room temperature; chill if not serving right away. (Let chilled pie stand at room temperature for 15 minutes before serving.)

Mixed Fruit Salsa

Don't feel "locked in" to using only these fruits for this salsa. An all-berry mixture (blueberries, raspberries, and strawberries) is also terrific.

Makes About 4 Cups; Total Time: About 15 Minutes

Heat; Pour over:
- 1/4 cup honey
- Juice of 1 lime
- 1 ripe mango, peeled and diced
- 1/2 pint fresh blueberries
- 1/2 pint fresh raspberries
- 2 kiwi, peeled, sliced into rounds, and quartered

Heat honey and lime juice until melted. Pour over fruit and let stand at least 5 minutes.



▲ *To peel, cut off ends of kiwi, slide a spoon under skin, and carefully twist it around the fruit.*

Gently push the kiwi out of its skin, slice into rounds, then cut the rounds into quarters. ►





pie option

Flaky Pie Dough

Makes One 9" Pie Shell
Total Time: 10 Minutes + Chilling

Blend:
- 1 1/4 cups all-purpose flour
- 1 T. sugar
- Pinch salt

Cut in:
- 1/4 cup shortening
- 1/4 cup cold unsalted butter, cubed

Stir in:
- 4–5 T. ice water

Blend flour, sugar, and salt in a large bowl.

Cut in shortening and butter with a pastry blender or your fingers until mixture resembles coarse meal. Some pea-size pieces of butter should still be visible.

Stir in water with a fork. Add more, 1 teaspoon at a time, if dough seems dry when pinched. Press into a disk, wrap in plastic, and chill 1 hour before rolling out.

onlinevideo
Rolling out pie dough
Look under Issue 44

Lemon Buttermilk Pie

Makes One 9" Pie
Total Time: 1 Hour + Cooling

Whisk Together:

1½ cups sugar
1 cup buttermilk
1 T. all-purpose flour
2 eggs
2 egg yolks
½ t. vanilla extract
Minced zest and juice of 1 lemon
Pinch salt

Pour into:

1 9" unbaked pie shell

Preheat oven to 350°.

Whisk all ingredients together in a large bowl until blended.

Pour into pie shell and place on a baking sheet. Bake until filling is just set, yet still a bit jiggly, 40–50 minutes. Remove from oven and cool to room temperature; chill if not serving right away. (Let chilled pie stand at room temperature for 15 minutes before serving.)



Strawberry Topping

Don't top the pie until just before serving or the filling will collapse. You could serve the berries on the side—with whipped cream, of course!

Makes About 4 Cups
Total Time: About 15 Minutes

Heat; Pour over:

¼ cup honey
Juice of 1 lime
2 pints strawberries, hulled, halved

Heat honey and lime juice until melted. Pour over berries and let stand at least 5 minutes. Just before serving, arrange on pie with a slotted spoon.

parmesan basket



Remember when it was the rage to put chili or chowder in a bread bowl and then eat the whole thing?

Well, this Parmesan basket is in the same family—only a bit more classy. As you can see in the photograph, the edges are delicate and lacy. Plus, the sides are very thin so it doesn't look heavy. And of course, the basket is made to eat. It goes great with the soft textures of mesclun lettuces and acidic vinaigrettes.

Use inexpensive *shredded* (not grated) Parmesan—the kind in a bag works great.



▲ *Heat 10" nonstick skillet over medium-high. Sprinkle shredded Parmesan into a disk shape (keep cheese light around the edges so it looks lacy). When disk is slightly golden underneath, carefully remove it using a spatula and your fingers.*



▲ *Quickly drape disk over a glass, golden side up, and press to form a bowl. Cooled baskets can sit several hours.*